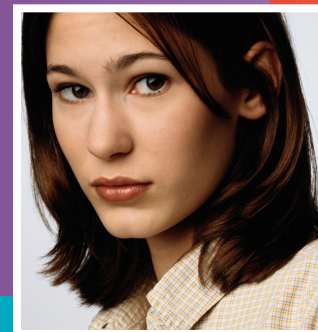
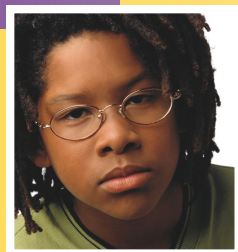
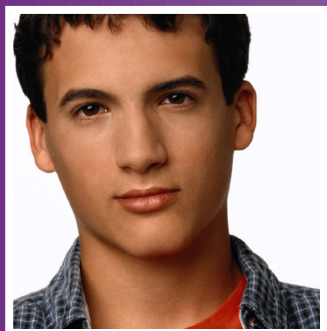


# Connecticut Youth Tobacco Survey 2002



Connecticut Department  
*of* Public Health

**LEAD BY EXAMPLE.  
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TOBACCO USE PREVENTION & CONTROL

CONNECTICUT DEPARTMENT OF  
PUBLIC HEALTH

Keeping Connecticut Healthy

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# CONNECTICUT YOUTH TOBACCO SURVEY

AUGUST, 2003

CONNECTICUT DEPARTMENT OF PUBLIC HEALTH

## INTRODUCTION

*“Despite three decades of explicit health warnings, large numbers of young people continue to take up tobacco; currently, over 3 million adolescents smoke cigarettes, and over 1 million adolescent males currently use smokeless tobacco. Clearly, effective interventions are needed to prevent more young people from trying tobacco. To achieve significant long-term reductions in tobacco use and tobacco-related deaths in the United States, we must examine the nature and scope of adolescent tobacco use, consider the social, psychological, and marketing factors that influence young people in their decision to use tobacco products, and evaluate current efforts to prevent young people from becoming users.”*

U.S. Department of Health and Human Services. *Preventing Tobacco Use Among Young People: A Report of the Surgeon General*. Atlanta, GA: UDHHS, PHS, CDC, NCCDPHP, OSH, 1994.

The Connecticut Youth Tobacco Survey (CYTS) is a comprehensive survey of tobacco use, access, cessation, knowledge and attitudes, and exposure among Connecticut youth. The CYTS provides valuable data to guide and evaluate youth tobacco use prevention efforts and cessation programs within our state. The Connecticut Department of Health (DPH) conducted the CYTS in the winter and spring of 2002 in cooperation with the Centers for Disease Control and Prevention (CDC), the Connecticut Department of Education, and the partners from local school districts and local health departments.

The CYTS consists of 70 questions developed by the CDC and DPH. It was administered to a representative sample of Connecticut middle and high school students in both public and private schools. In all, 2,677 middle school students from 47 schools and 3,198 high school students from 51 schools completed the survey between February and June 2002 (see survey instrument and sampling design for more details). Results are reported separately for middle school students (grades 6-8) and high school students (grades 9-12). Where sample size and prevalence rates allow, results are presented by gender and race/ethnicity (White non-Hispanic, Black non-Hispanic, and Hispanic). To help the reader discern real differences between comparison groups, findings that are statistically significant at the  $p \leq 0.05$  level are emphasized throughout this report as “significant” differences.

In the report, one reference has been provided for comparison where appropriate: *Healthy People 2010* objectives. *Healthy People 2010 (HP 2010)* is a US Department of Health and Human Services national strategy for improving the health of the American people. HP 2010 includes 21 specific objectives related to reducing illness, disability, and death related to tobacco use and exposure to secondhand smoke. Most of the HP 2010 youth tobacco objectives relate only to high school students.

This report is the second in an anticipated series of reports on data from the Connecticut Youth Tobacco Survey. The first CYTS was published in the spring of 2000. A chapter comparing 2000 and 2002 data has been included in this report.

## ACKNOWLEDGMENTS

The 2002 Connecticut Youth Tobacco Survey was a success because of the effort and commitment of many people. We would like to thank all the students who took part in the CYTS, as well as the teachers who were kind enough to administer the survey during their class time. We also thank the school administrators and superintendents who recognize the value of this project and permitted their students to participate. A special gratitude to all those who volunteered to make phone calls and worked enthusiastically on this important undertaking.

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## EXECUTIVE SUMMARY

The Connecticut Youth Tobacco Survey (CYTS) was conducted in the spring of 2002. Anonymous responses from a representative sample of 5,875 Connecticut public and private school students in grade 6-12 were weighted and analyzed for this report. The survey contained 7 major content areas: demographics, tobacco use prevalence, age of initiation, access to tobacco, school, knowledge and attitudes, mass media influences, and environmental tobacco smoke. The student responses were weighted based on probability of selection and to reflect the Connecticut school population. Responses were analyzed by school type (middle school or high school), gender, race/ethnicity, and grade. Due to the limited sample size and low prevalence for some measures, reliable estimates are not available for each measure by subgroup. For clarity, statistically significant ( $p \leq 0.05$ ) findings are noted in the bullets accompanying the graphs.

*Findings in this document indicate that tobacco use among Connecticut youth is a considerable problem, which starts at an early age, regardless of gender, race, or ethnicity.*

### PREVALENCE

In the 30 days prior to this survey, about 62,500 Connecticut middle and high school students used at least one form of tobacco (cigarettes, smokeless tobacco, cigars, pipes, or bidis). In other words, more than one quarter (27.1%) of high school students and 10.0% of middle school students currently use some form of tobacco. Cigarettes are the most commonly used form of tobacco among Connecticut youth. In the past 30 days, 5.9% of middle school and 22.0% of high school students smoked cigarettes—47,500 students in all. The second most popular form of tobacco is cigars (3.5% of middle school and 9.1% of high school students), followed by bidis (3.4% and 5.7% respectively). A smaller percentage of students use pipes (2.0% of middle school and 3.5% of high school students) and smokeless tobacco (1.3% and 3.1% respectively). Tobacco use among Connecticut high school students exceeds *Healthy People 2010 (HP 2010)* objectives for all forms of tobacco.

### INITIATION

An estimated 17,600 middle and high school students in Connecticut smoked their first whole cigarette before the age of 11. Boys appear to be more likely than girls to initiate smoking before age 11 (18.9% and 12.2% respectively). Among high school students, 80% of those who have ever smoked a whole cigarette first smoked between the ages of 11 and 16 years old.

### ACCESS

In Connecticut, middle school smokers usually get their cigarettes by borrowing them or taking them from a store or family member; high school smokers usually obtain their cigarettes by purchasing them at a store or by borrowing them. When students under the age of 18 tried to buy cigarettes in a store during the past 30 days, more than 3 in 4 middle school and more than 1 in 2 high school current smokers in Connecticut were not asked to show proof of age. Slightly more than 2 in 3 middle school and more than 1 in 2 high school underage current smokers were able to buy cigarettes at a store during the past 30 days.

### SCHOOL

Approximately 21,400 middle and high school students in Connecticut smoked on school property in the 30 days preceding this survey. In other words, 1.6% of middle school and 10.8% of high school students report smoking on school property in the past 30 days. Connecticut students report fewer occasions of practicing ways to say “no” to tobacco in the classroom as grade increases. In grade 6, 56.2% of students report having practiced ways to say “no” to tobacco in class during the past school year. By grade 12, the number tumbles to only 9.7%. At the same time current tobacco use (use within the past 30 days) increases from 6.2% in grade 6 to 38.6% in grade 12.

## CESSATION

Over 70% of middle and high school current smokers think that they can quit smoking now if they wanted to, but only half (50.3%) of middle school current smokers want to quit and about 3 in 5 high school current smokers want to quit (62.7%). Most current smokers (52.4% of middle school and 56.4% of high school) have tried to quit at least once during their lives, and 36.9% of middle school and 28.7% of high school current smokers have unsuccessfully tried to quit 3 or more times. In fact, 3 in 5 middle school and 5 in 7 high school current smokers were unable to stay off cigarettes for at least 30 days during their last quit attempt. In Connecticut, fewer than 1 in 10 ever tobacco users in middle and high school have participated in a program to help them quit using tobacco.

## KNOWLEDGE & ATTITUDES

Approximately 49,400 middle and high school students in Connecticut who have never smoked are susceptible to starting smoking. Susceptibility, defined as lacking a firm commitment to not smoke and a willingness to accept a cigarette if offered by a friend, is highest between grades 8 and 10. Connecticut middle and high school students overwhelmingly (90%) believe that people can become addicted to tobacco. Yet, more than 1 in 3 middle and high school current smokers believe that short term smoking, for one or two years, is safe. Positive social perceptions of smoking (belief that smokers have more friends or look cool) decrease among current smokers between middle and high school. Meanwhile, the percentage of never smokers who believe that smokers have more friends increases between middle and high school. At the same time, the percentage of never smokers who think that smoking makes young people look cool or fit in decreases. Smoking also plays a role in the social networks of Connecticut youth, with smokers being much more likely than non-smokers to report that two or more of their four closest friends smoke. In addition, while more than 60% of students have been warned by one or both parents about the dangers of smoking, less than one-half have been warned by a doctor, and only about one-quarter have been warned by a dentist.

## MASS MEDIA

It appears that Connecticut students receive conflicting messages about tobacco use from mass media. While about 80% of Connecticut middle and high school students have seen anti-tobacco ads in the past 30 days, over 79% of middle school students and about 89% of high school students have seen actors using tobacco on television or in the movies. Also, more than 20% have seen athletes using tobacco on television.

## ENVIRONMENTAL TOBACCO SMOKE

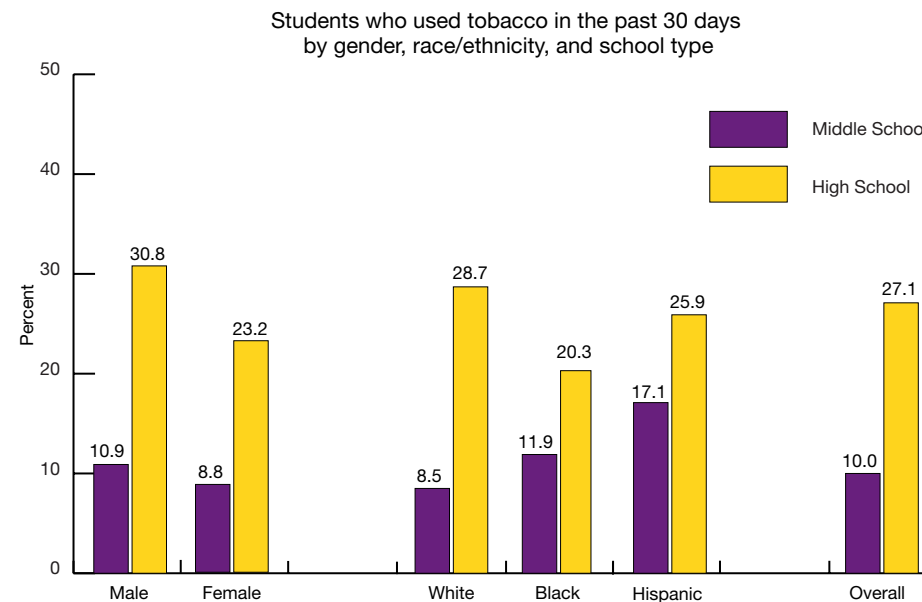
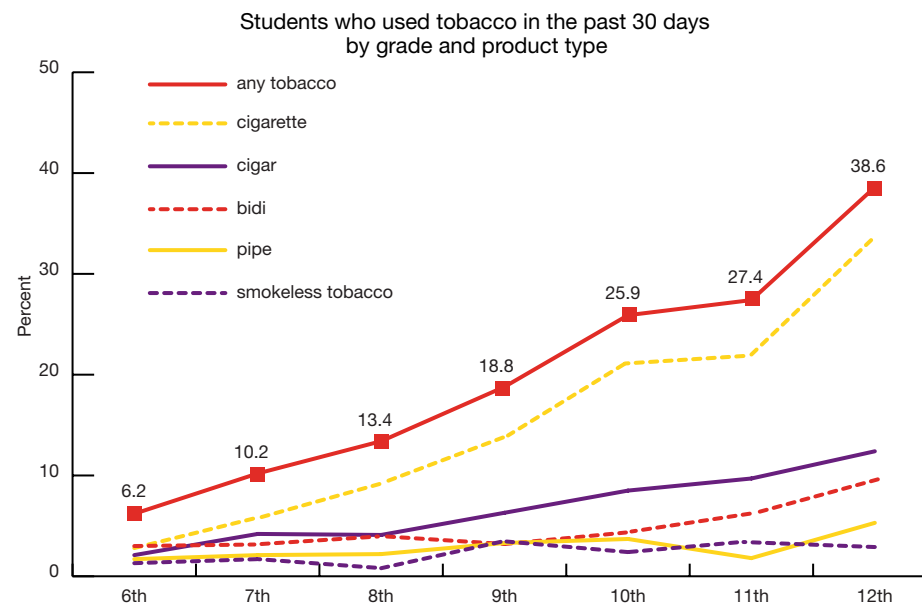
Connecticut students believe that environmental tobacco smoke (ETS) is harmful to them. More than 9 in 10 middle and high school students believe that secondhand smoke is definitely or probably harmful. However, 2 in 5 middle and high school students (or 125,000) currently live with someone who smokes cigarettes. Current smokers in Connecticut, regardless of grade, are significantly and consistently much more likely than never smokers to live with someone who smokes cigarettes. Additionally, 187,300 students (50.1% of middle and 64.2% of high school students) have been in the same room with someone who was smoking cigarettes during the past 7 days, and 136,600 students (37.1% of middle and 46.4% of high school students) rode in a car with someone who was smoking cigarettes on 1 or more of the past 7 days.

## ANY TOBACCO USE

Students were asked about their use of different forms of tobacco including cigarettes, smokeless tobacco, cigars, pipes, and bidis.\* Students were considered to be current tobacco users if they reported using any of these products within the past 30 days.

- 62,500 middle and high school students in Connecticut currently use tobacco
  - 10.0% or 14,800 middle school students and
  - 27.1% or 47,700 high school students
- Approximately 1 in 17 middle school students and 1 in 5 high school students currently smoke cigarettes
- 3.5% of middle school students and 9.1% of high school students currently smoke cigars
- Bidi use outranks pipe and smokeless tobacco use among both middle and high school students
- High school students are almost 3 times as likely as middle school students to currently use any form of tobacco
- The *Healthy People 2010* objective for tobacco is to reduce use among high school students to no more than 21%. In Connecticut tobacco use in high school ranges by grade from 18.8% to 38.6%

\*Small, brown, hand-rolled cigarettes often tied with string made primarily in India and other Southeast Asian countries.



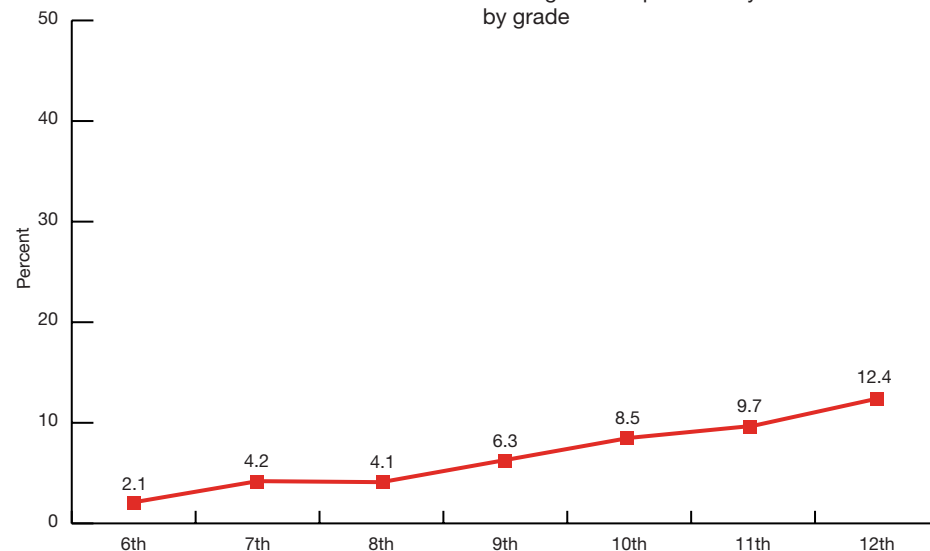


# CIGAR SMOKING

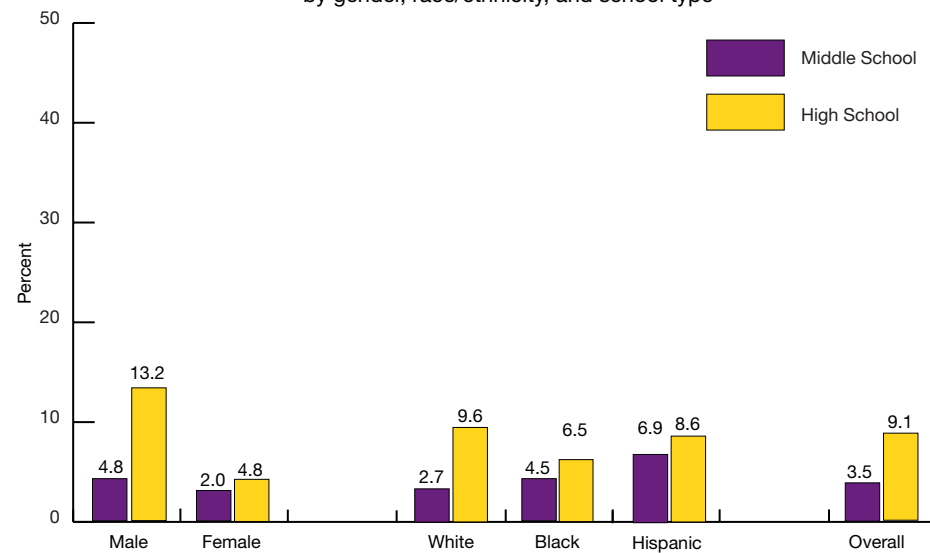
Students were asked about their use of cigars, cigarillos, or little cigars during the past 30 days. Students were considered to be current cigar smokers if they had smoked on at least one of the past 30 days.

- 21,200 middle and high school students in Connecticut currently smoke cigars
  - 3.5% or 5,200 middle school students and
  - 9.1% or 16,000 high school students
- Cigar smoking rates among high school students are nearly three times higher than in middle school students (3.5% and 9.1%). This jump in cigar smoking rates is largely attributable to high school boys whose rates are nearly triple those of their middle school counterparts
- Boys are more likely than girls to smoke cigars, especially in high school. Middle school rates are 4.8% and 2.0%, respectively, and high school rates are 13.2% and 4.8%
- In middle school, Hispanics (6.9%) are significantly more likely than Whites (2.7%) to smoke cigars
- In high school, there are no significant differences in cigar smoking rates among White, Black, and Hispanic students
- The *Healthy People 2010* objective for cigars is to reduce use among high school students to no more than 8%. In Connecticut cigar use in high school ranges by grade from 6.3% to 12.4%

Students who smoked a cigar in the past 30 days  
by grade



Students who smoked a cigar in the past 30 days  
by gender, race/ethnicity, and school type



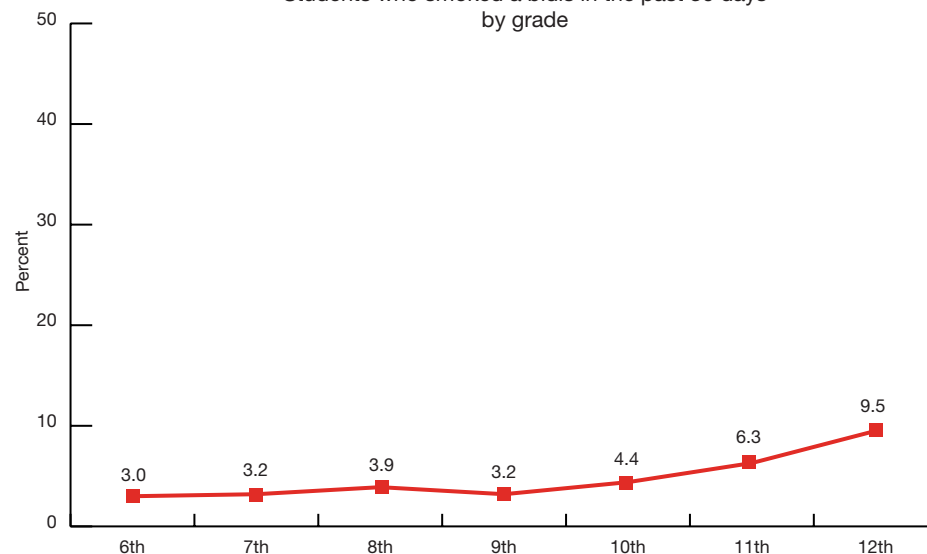
# BIDI SMOKING

Bidis are small, brown, hand-rolled cigarettes primarily made in India and other southeast Asian countries consisting of tobacco wrapped in a tendu or temburni leaf. Bidis are sold in packages of 20 and are available in different flavors (e.g., cherry, chocolate, and mango).\* Students were asked about their use of bidis during the past 30 days. Students were considered to be current bidi smokers if they had smoked a bidi on at least one of the past 30 days.

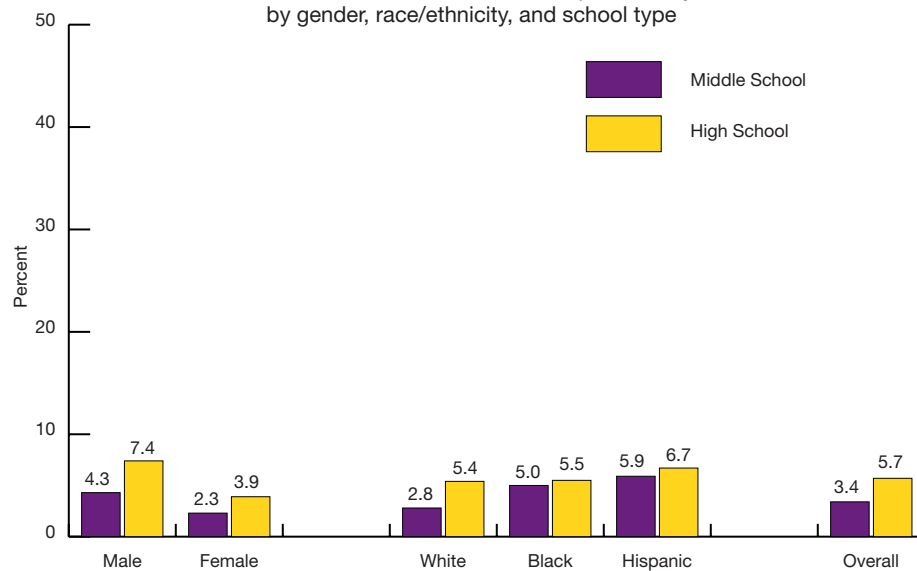
- 15,000 middle and high school students in Connecticut currently smoke bidis
  - 3.4% or 5,000 middle school students and
  - 5.7% or 10,000 high school students
- Bidi smoking rates increase significantly between middle and high school from 3.4% to 5.7%
- Boys are more likely than girls to smoke bidis. In middle school, the rates are 4.3% and 2.3%, respectively, and in high school, the rates are 7.4% and 3.9% respectively
- There are no significant differences in bidi smoking rates among White, Black, and Hispanic students in middle or high school
- Although there are no *Healthy People 2010* objectives specifically addressing bidis, it is important to note that they have become a popular alternative to cigarettes among youth. Students may be unaware of the unique dangers of bidis. Children in India make bidis under squalid conditions using diseased flakes of the tobacco plant. Many times bidis contain insects and feces and are higher in nicotine, benzopyrene, radioactive uranium, carbon monoxide, tar, and hydrogen cyanide than regular cigarettes

\*MMWR, "Bidi Use Among Urban Youth, Massachusetts, March-April 1999" September 17, 1999 / 48(36); 976-799

Students who smoked a bidis in the past 30 days  
by grade



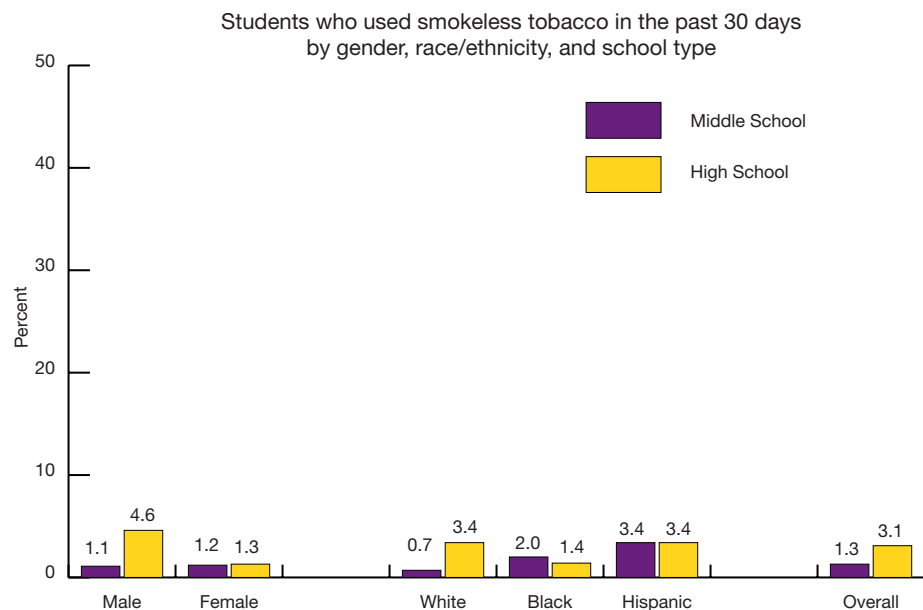
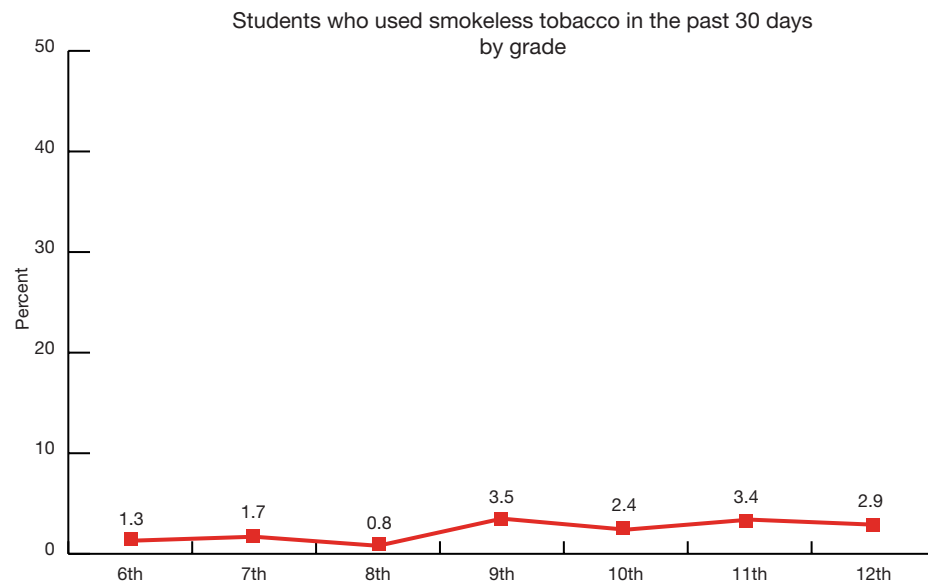
Students who smoked bidis in the past 30 days  
by gender, race/ethnicity, and school type



# SMOKELESS TOBACCO USE

Students were asked about their use of chewing tobacco, snuff, or dip (such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen) during the past 30 days. Students were considered to be current smokeless tobacco users if they had used smokeless tobacco on at least one of the past 30 days.

- 7,400 middle and high school students in Connecticut currently use smokeless tobacco
  - 1.3% or 1,900 middle school students and
  - 3.1% or 5,500 high school students
- Smokeless tobacco use among high school students is more than twice as high as among middle school students (1.3% and 3.1%)
- In middle school, boys and girls are equally likely to use smokeless tobacco (1.1% and 1.2%). In high school, boys are significantly more likely than girls to use smokeless tobacco (4.6% and 1.3%)
- In middle school, there are no significant differences in smokeless tobacco use rates among White, Black, and Hispanic students. In high school, White students are more likely than Black students to use smokeless tobacco (3.4% and 1.4%)
- The *Healthy People 2010* objective for smokeless tobacco is to reduce use among high school students to no more than 1%. In Connecticut, smokeless tobacco use in high school varies by grade between 2.4% and 3.5%

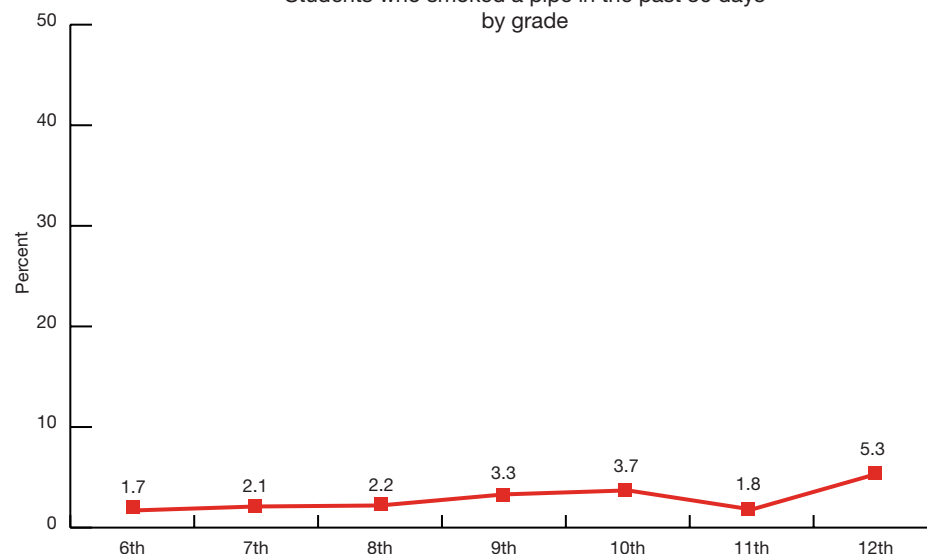


# PIPE SMOKING

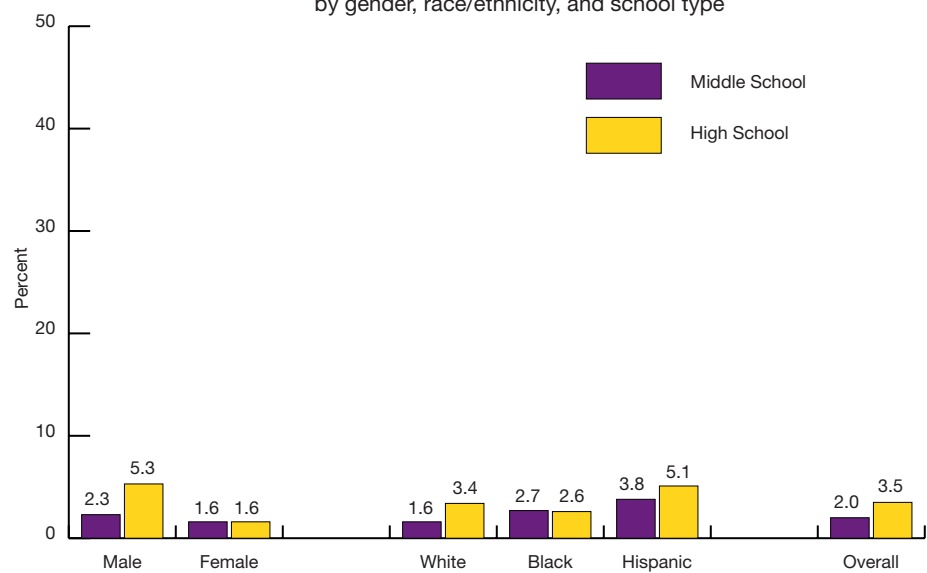
Students were asked about smoking tobacco in a pipe during the past 30 days. Students were considered to be current pipe tobacco users if they had smoked a pipe on at least one of the past 30 days.

- 9,200 middle and high school students in Connecticut currently smoke pipes
  - 2.0% or 3,000 middle school students and
  - 3.5% or 6,200 high school students
- Pipe use is slightly more common among high school students than among middle school students (3.5% and 2.0%)
- In middle school, boys are about 1.5 times more likely than girls to smoke pipes (2.3% and 1.6%). In high school, boys are more than three times more likely than girls to smoke pipes (5.3% and 1.6%)
- There are no significant differences in pipe tobacco use rates among White, Black, and Hispanic students in either middle or high school

Students who smoked a pipe in the past 30 days by grade



Students who smoked a pipe in the past 30 days by gender, race/ethnicity, and school type

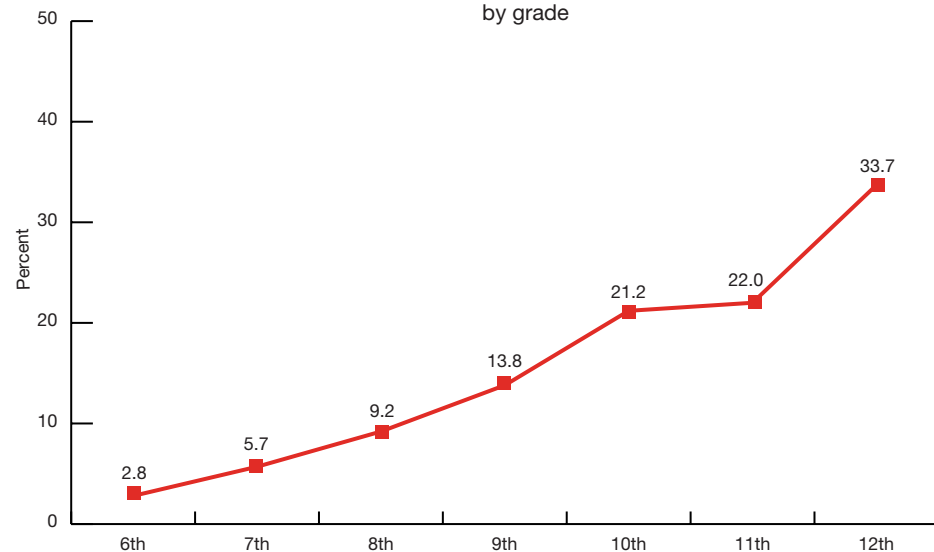


# CIGARETTE SMOKING

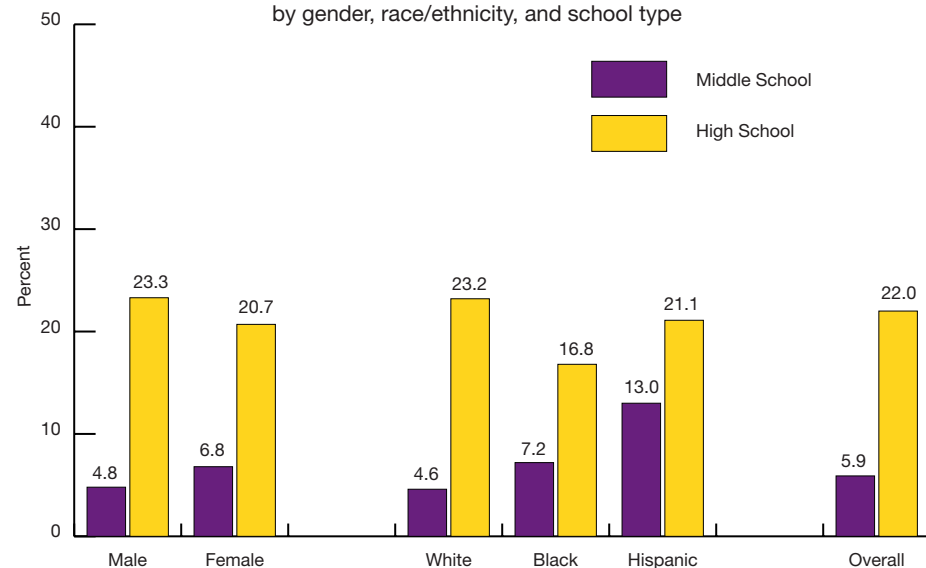
Students were asked about their use of cigarettes during the past 30 days. Students were considered to be current cigarette smokers if they had smoked cigarettes on at least one of the past 30 days.

- 47,500 middle and high school students in Connecticut currently smoke cigarettes
  - 5.9% or 8,800 middle school students and
  - 22.0% or 38,700 high school students
- Current cigarette use by grade in Connecticut increases 12-fold from 2.8% in grade 6 to 33.7% in grade 12
- High school students are 3.7 times more likely than middle school students to be current cigarette smokers (22.0% and 5.9%)
- Girls in middle school are slightly more likely than boys to smoke cigarettes (6.8% and 4.8%), while girls in high school are slightly less likely than boys to smoke (20.7% and 23.3%)
- In middle school, Hispanic students are significantly more likely than White students to smoke cigarettes (13.0% and 4.6%). Black students (7.2%) appear to be more likely than Whites (4.6%) and less likely than Hispanics (13.0%) to smoke, but they do not differ significantly from either group
- In high school, there are no significant differences in cigarette smoking rates among White, Black, and Hispanic students
- From middle to high school, the rate of cigarette smoking among White students increases 5-fold (4.6% and 23.2%)
- The *Healthy People 2010* objective for cigarette smoking is to reduce use among high school students to no more than 16%. In Connecticut cigarette use in high school ranges by grade from 13.8% to 33.7%

Students who smoked cigarettes in the past 30 days by grade



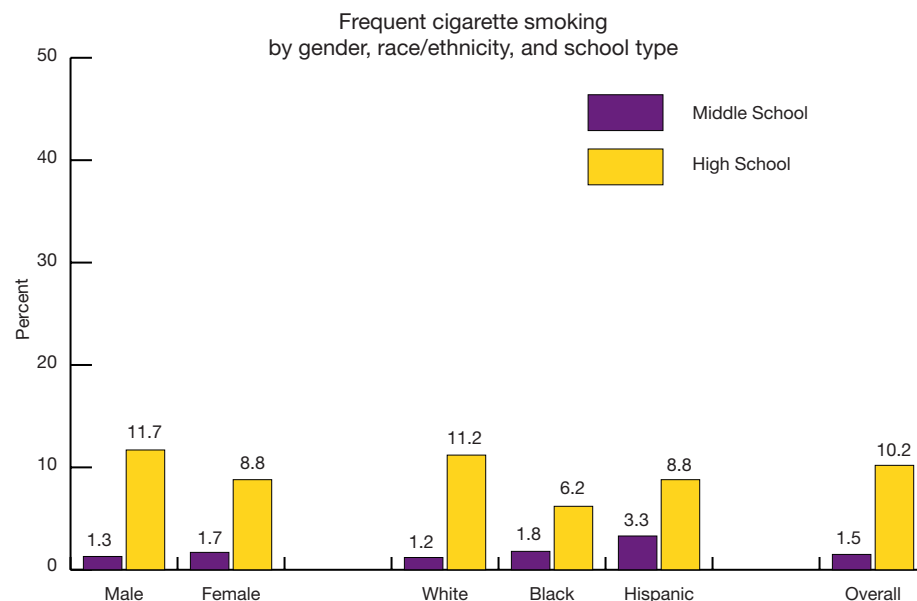
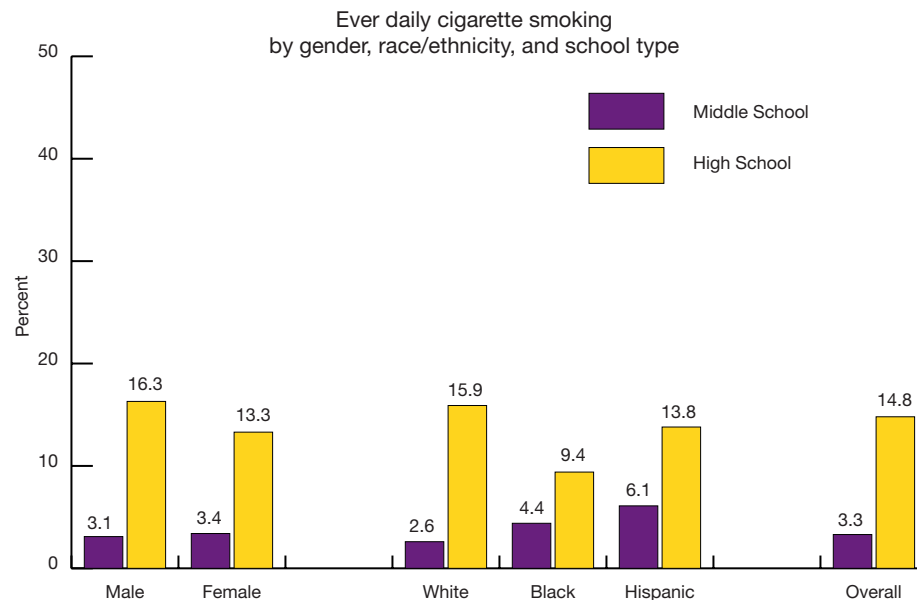
Students who smoked cigarettes in the past 30 days by gender, race/ethnicity, and school type



# ESTABLISHED CIGARETTE SMOKING

Two measures were used to assess established smoking patterns: ever daily smoking and frequent cigarette smoking. Ever daily smokers smoked at least one cigarette per day for 30 days at some point in their lives. Frequent smokers smoked cigarettes on 20 or more of the past 30 days. Since ever daily smoking is a lifetime measurement, percentages are higher than frequent smoking, which covers only the past 30 days.

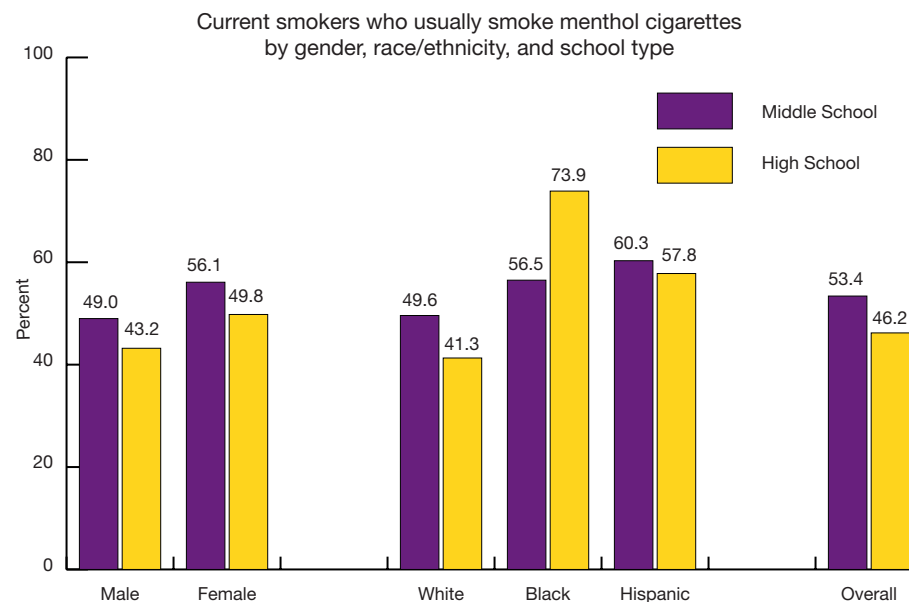
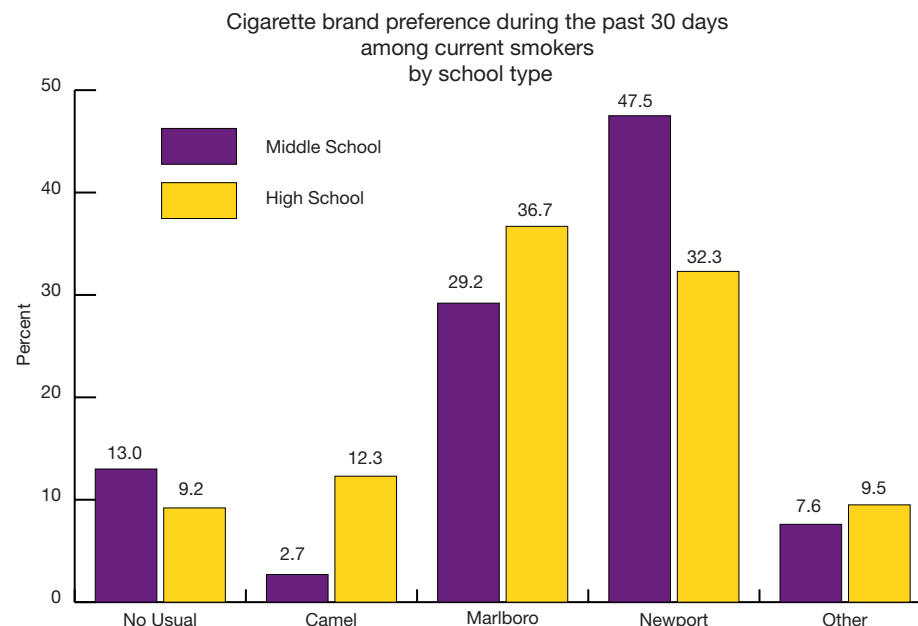
- 30,900 middle and high school students in Connecticut have ever smoked daily
  - 3.3% or 4,900 middle school students and
  - 14.8% or 26,000 high school students
- 20,200 middle and high school students in Connecticut are currently frequent cigarette smokers
  - 1.5% or 2,200 middle school students and
  - 10.2% or 18,000 high school students
- High school students are about 4.5 times more likely than middle school students to have ever smoked cigarettes daily (14.8% and 3.3%), and about 7 times more likely to be frequent smokers (10.2% and 1.5%)
- Among middle school students, 1 in 4 current smokers smokes frequently; by high school, the proportion increases to 1 in 2
- Boys and girls are equally likely to have ever smoked daily and to be frequent cigarette smokers. In high school, it appears that boys are more likely than girls to have ever smoked daily (16.3% and 13.3%) and more likely to be frequent smokers (11.7% and 8.8%), but the differences are not significant
- In high school, Whites are significantly more likely than Blacks to have ever smoked daily (15.9% and 9.4%) and to be frequent smokers (11.2% and 6.2%). Hispanics do not differ significantly from either group. There are no significant race/ethnicity differences in cigarette use among middle school students



# CIGARETTE PREFERENCES

Students who are current smokers (had smoked on at least 1 of the past 30 days) were asked about their cigarette preferences. They were asked what brand of cigarettes they usually smoked in the past 30 days (i.e., no usual brand; Camel; Marlboro; Newport; or some other brand). They were also asked whether they usually smoked menthol cigarettes.

- The top ranking cigarette brands among high school students are Marlboro (36.7%), Newport (32.3%) and Camel (12.3%)
- The top ranking brands among middle school students are Newport (47.5%) and Marlboro (29.2%)
- In both middle and high school, there are no significant differences in brand preference among boys and girls – *data not shown*
- In middle school, there are no significant race/ethnicity differences in brand preference – *data not shown*
- In high school, Whites are significantly more likely than Blacks and Hispanics to smoke Marlboro (41.5%, 17.9%, and 21.4%). Blacks and Hispanics are significantly more likely than Whites to smoke Newport (62.3%, 64.8%, and 24.3%) – *data not shown*
- More than 1 in 2 middle school current smokers smoke menthol cigarettes. In high school, slightly fewer than 1 in 2 smoke menthol
- Black high school students are significantly more likely than Whites to smoke menthol cigarettes (73.9% and 41.3%)

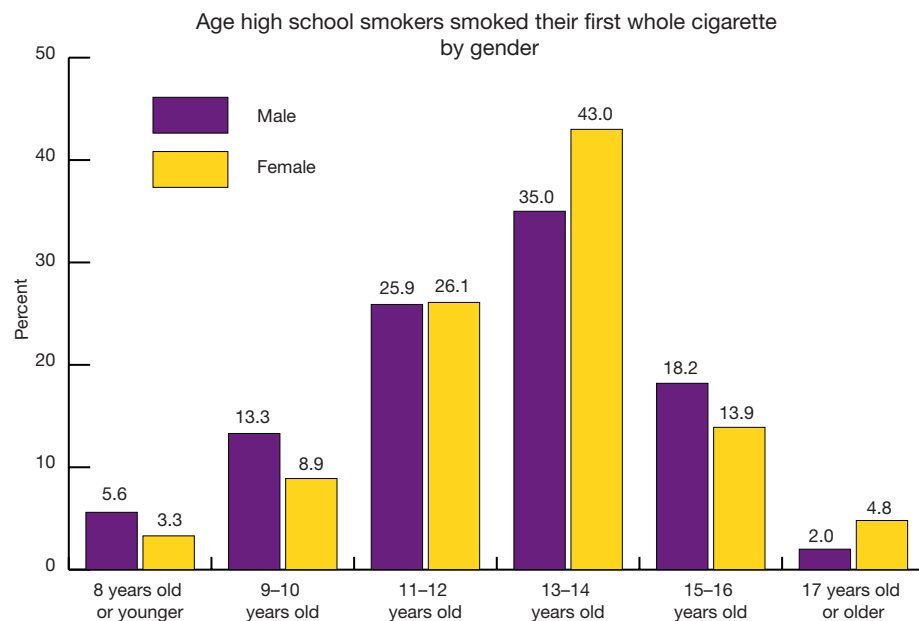
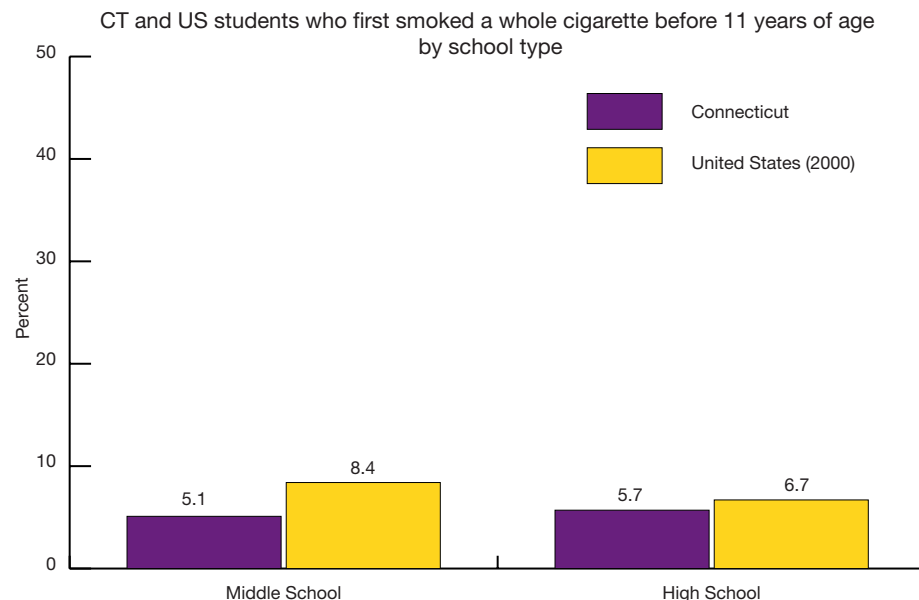


# AGE FIRST SMOKED A WHOLE CIGARETTE

Students were asked how old they were when they smoked a whole cigarette for the first time. Two indicators of early use were assessed: the proportion of students who smoked a whole cigarette before age 11, and the age at which high school students who have ever smoked reported smoking their first whole cigarette.

- 17,600 middle and high school students in Connecticut smoked their first cigarette before age 11
  - 5.1% or 7,600 middle school students and
  - 5.7% or 10,000 high school students
- Connecticut middle and high school students are less likely than US\* students to have smoked their first whole cigarette before the age of 11
- About 40% of high school students have ever smoked a whole cigarette – *data not shown*. Of these, at the time of initiation
  - 13.6% were under the age of 11
  - 24.0% were 11 to 12 years old
  - 38.8% were 13 to 14 years old
  - 20.7% were 15 to 16 years old
  - 3.0% were 17 years or older
- More than 80% of high school students, who have ever smoked a whole cigarette, first smoked between the ages of 11 and 16 years old
- Among current smokers in high school, boys are more likely than girls to initiate smoking before the age of 11 (18.9% and 12.2%)
- *Healthy People 2010* initiation objectives are to reduce initiation of tobacco use among children and adolescents and to increase the average age of first use of tobacco products, but the measures are not directly comparable to the questions in this survey

\* US data are for year 2000



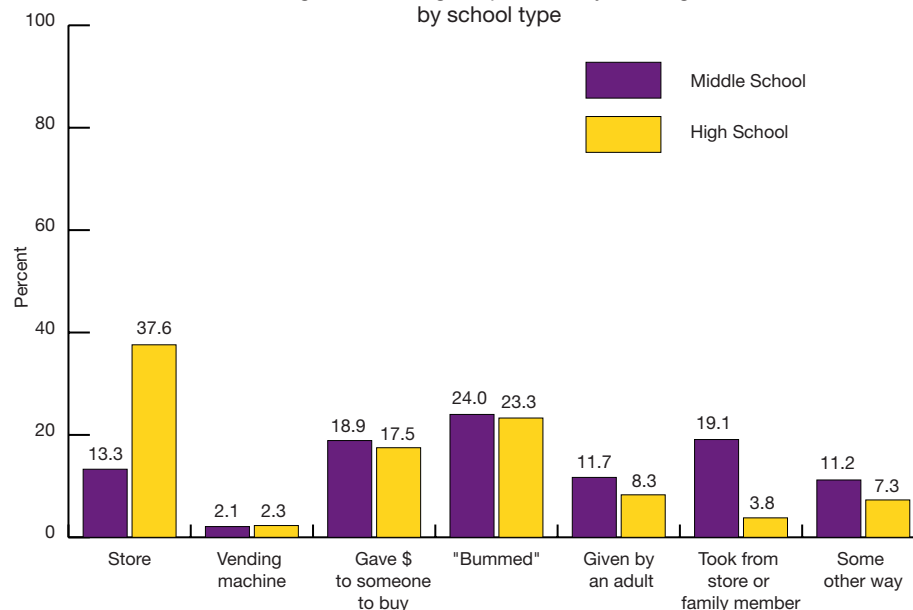


## USUAL SOURCE & PLACE OF PURCHASE

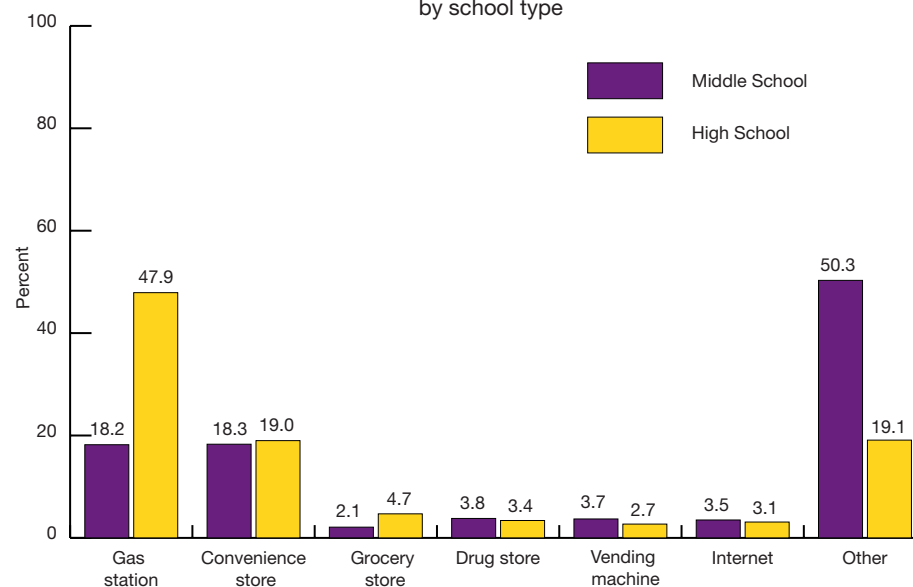
Students were asked how they usually obtained cigarettes during the past 30 days. Choices included: buying them from a store or vending machine, giving someone else money to buy them, borrowing or bumming them, receiving them from an adult ( $\geq 18$  years old), taking them from a store or family member, or getting them some other way. Students were also asked where they bought their last pack cigarettes during the past 30 days (gas station, convenience store, grocery store, drugstore, vending machine, Internet, or other place). The results displayed here are for current smokers.

- Middle school smokers usually get their cigarettes by borrowing them (24.0%) or taking them from a store or family member (19.1%)
- High school smokers usually get their cigarettes by buying them at a store (37.6%) or borrowing them (23.3%)
- Middle school students are significantly more likely than high school students to take cigarettes from stores or family members (19.1% and 3.8%), while high school students are significantly more likely than middle school students to buy cigarettes from a store (37.6% and 13.3%)
- Gas stations and convenience stores are the most common places to buy cigarettes for middle school (18.2% and 18.3%) and high school (47.9% and 19.0%) smokers
- 1 in 2 middle school current smokers (50.3%) reports buying his or her last pack of cigarettes at some other place. In high school, the proportion drops to 1 in 5 or 19.1%. This indicates the need for further investigation into where or how students purchase cigarettes

Usual source of cigarettes during the past 30 days among current smokers by school type



Place of purchase of the last pack of cigarettes during the past 30 days among current smokers by school type

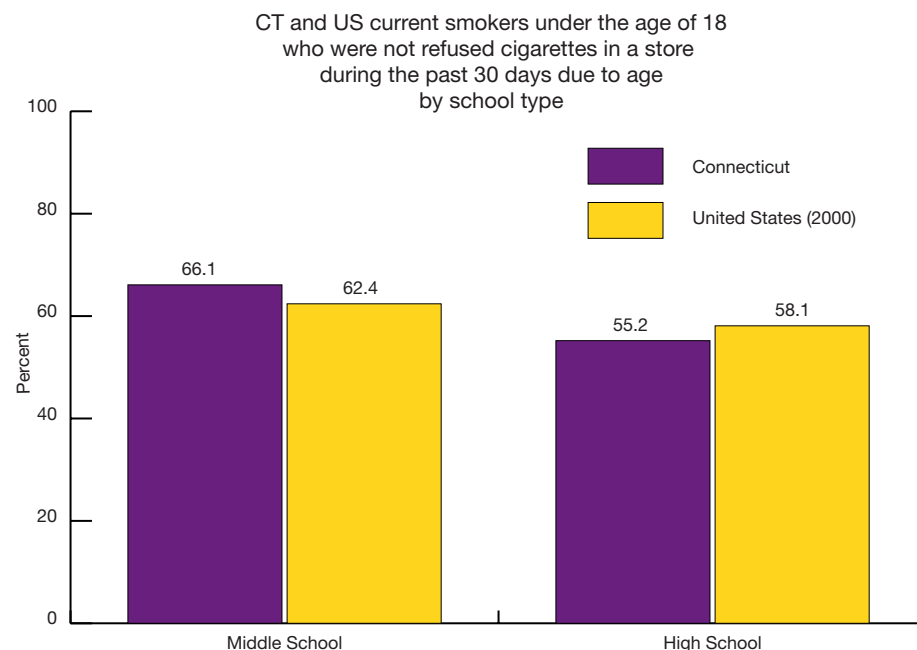
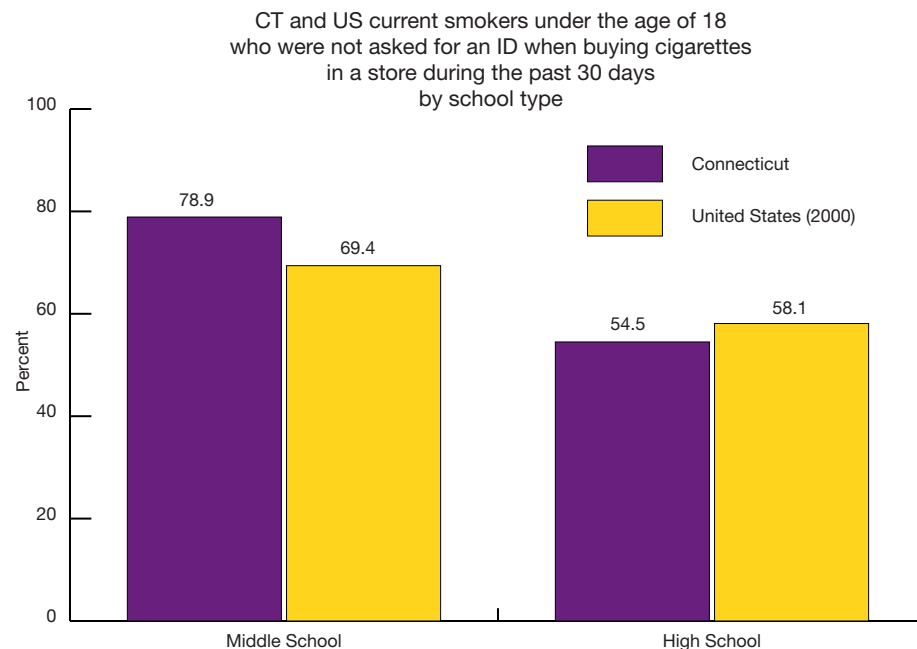


## ID REQUEST & SALE REFUSAL TO MINORS

It is illegal to sell tobacco to minors in the State of Connecticut. Students who tried to buy cigarettes in a store during the past 30 days were asked if they ever had to show proof of age. They were also asked if, during the past 30 days, anyone ever refused to sell them cigarettes because of their age. The results displayed here are for students who were less than 18 years old and who tried to buy cigarettes at a store during the past 30 days.

- 78.9% of middle school and 54.5% of high school current smokers were not asked to show proof of age when buying cigarettes during the past 30 days
- In both Connecticut and the United States\*, underage smokers in middle school are less likely than their high school counterparts to be asked to show proof of age
- Among middle and high school smokers, there are no gender or race/ethnicity differences in being asked to show proof of age – *data not shown*
- 2 in 3 underage current smokers in middle school were not refused sale of cigarettes during the past 30 days. More than 1 in 2 underage current smokers in high school were not refused sale
- Connecticut underage middle school current smokers are slightly more likely than their national counterparts to be able to buy cigarettes
  - 66.1% of CT and 62.4% of US high school current smokers were not refused sale
- Connecticut underage high school current smokers are slightly less likely than their national counterparts to be able to buy cigarettes
  - 55.2% of CT and 58.1% of US high school current smokers were not refused sale

\*US data are for year 2000

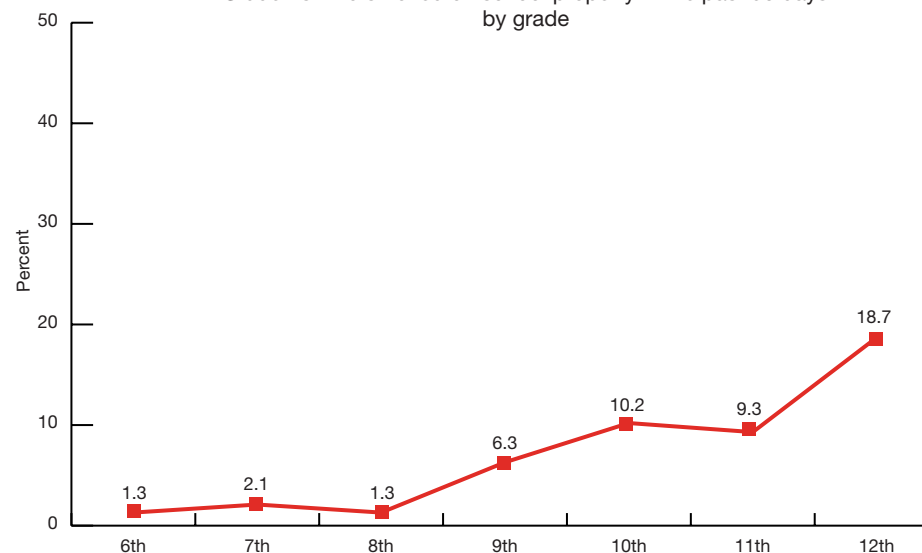


# CIGARETTE SMOKING ON SCHOOL PROPERTY

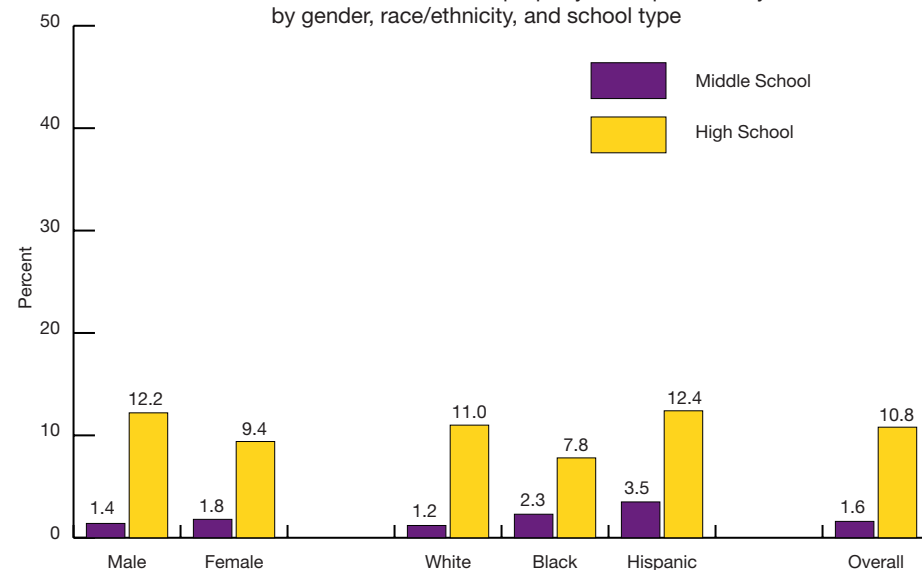
Schools constitute a major portion of an adolescent's environment. To assess the existence and enforcement of smoke-free policies in schools, students were asked on how many days during the past 30 days they smoked on school property. The results displayed here represent the responses of all students.

- 21,400 middle and high school students in Connecticut smoked on school property in the preceding 30 days
  - 1.6% or 2,400 middle school students and
  - 10.8% or 19,000 high school students
- High school students are nearly 7 times more likely than middle school students to report smoking on school property in the past 30 days
- Although there appear to be slight gender and race/ethnicity differences in rates of smoking on school property, none of these is significant
- Students who report smoking on school property increases more than 14-fold between grade 6 and grade 12
- A *Healthy People 2010* objective is to increase smoke-free and tobacco-free schools to 100%. While this survey does not evaluate the number of schools with smoke-free or tobacco-free policies, in Connecticut, actual tobacco use by students on school property varies by grade between 1.3% and 18.7%

Students who smoked on school property in the past 30 days  
by grade



Students who smoked on school property in the past 30 days  
by gender, race/ethnicity, and school type

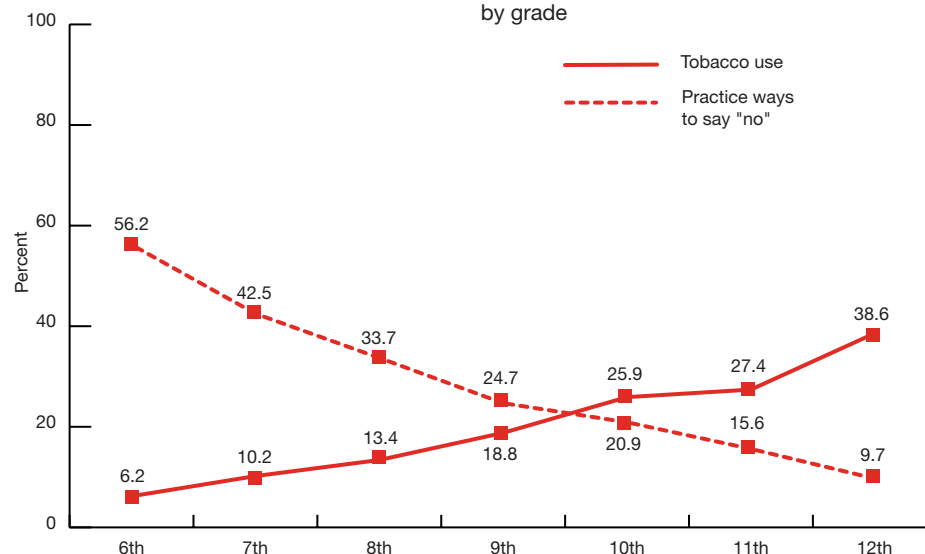


# PRACTICING TOBACCO REFUSAL SKILLS IN CLASS

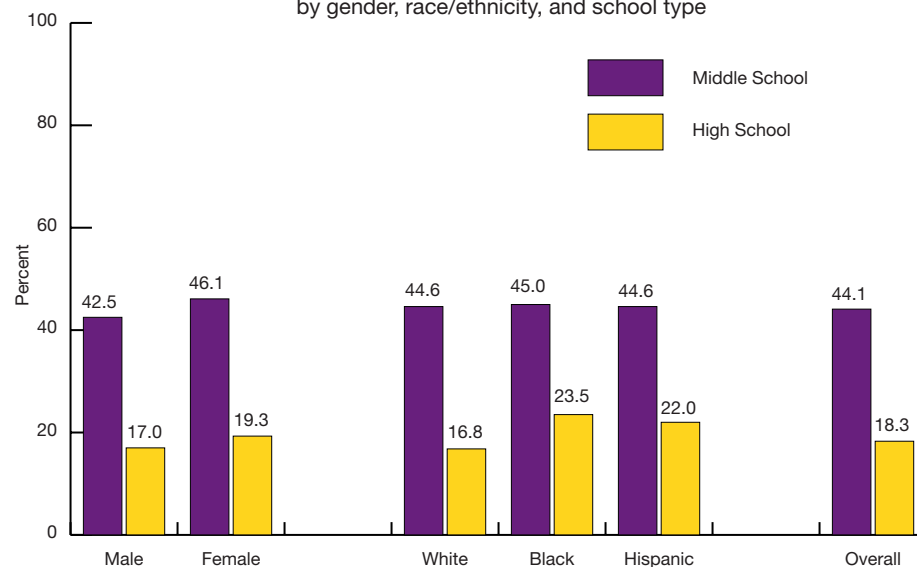
One way schools can promote tobacco-free youth is to offer opportunities to practice refusal skills during class. School-based tobacco education programs should encourage never smokers to continue to abstain and should help promote cessation among current tobacco users. Students were asked if they had practiced ways to say “no” to tobacco in any of their classes during the past school year. The results displayed here are for all students.

- 97,600 middle and high school students in Connecticut practiced tobacco refusal skills in class during the past year
  - 44.1% or 65,400 middle school students and
  - 18.3% or 32,200 high school students
- As school grade increases, rates of practicing refusal drop from 56.2% in grade 6 to 9.7% in grade 12. At the same time, tobacco use rates increase steadily from a low of 6.2% in grade 6 to a high of 38.6% in grade 12
- Similarly, students who report participating in community activities to discourage tobacco use drops from 28.1% in grade 6 to 12.3% in grade 12 – *data not shown*
- More than 2 in 5 middle school students report practicing tobacco refusal skills in class during the past school year. In high school, the proportion is significantly lower, only 1 in 5
- In high school, Black and Hispanic students are more likely than White students to have practiced refusal skills in class during the past school year (23.5%, 22.0%, and 16.8% respectively). There are no significant race/ethnicity differences in middle school

Tobacco use in the past 30 days and practicing ways to say "no" to tobacco during the past school year among students by grade



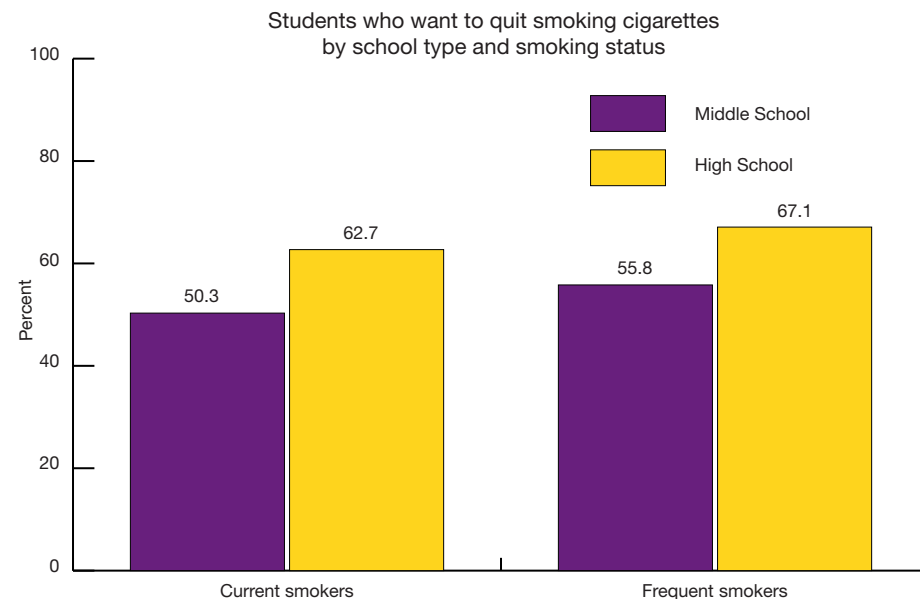
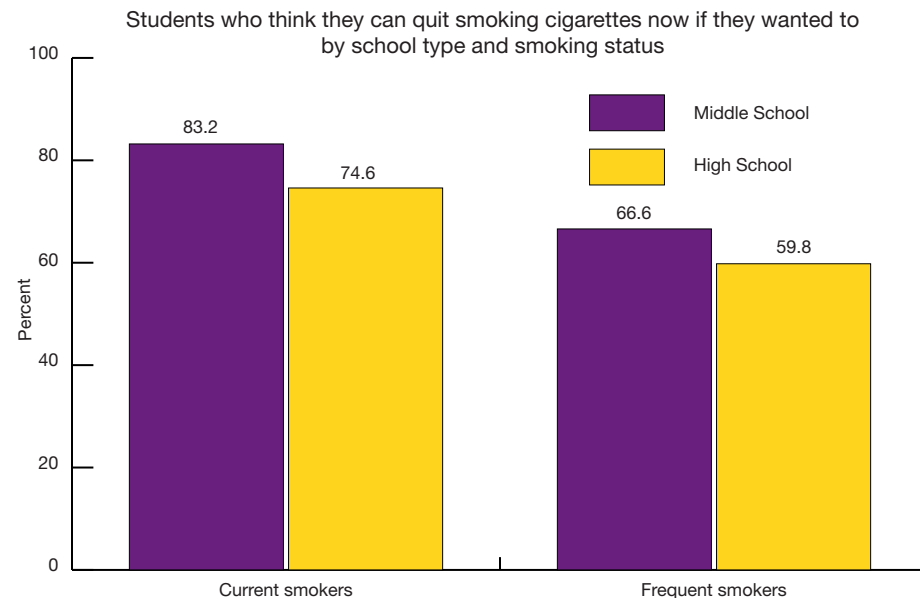
Students who practiced ways to say "no" to tobacco during the past school year by gender, race/ethnicity, and school type



## CESSATION BELIEFS

Students' beliefs in their ability to quit smoking and their desire to quit are important steps in the process of cessation. To begin to explore cessation attempts, students were asked if they thought they would be able to quit smoking cigarettes now if they wanted to, and if they want to quit smoking now. The results displayed here are for current and frequent smokers.

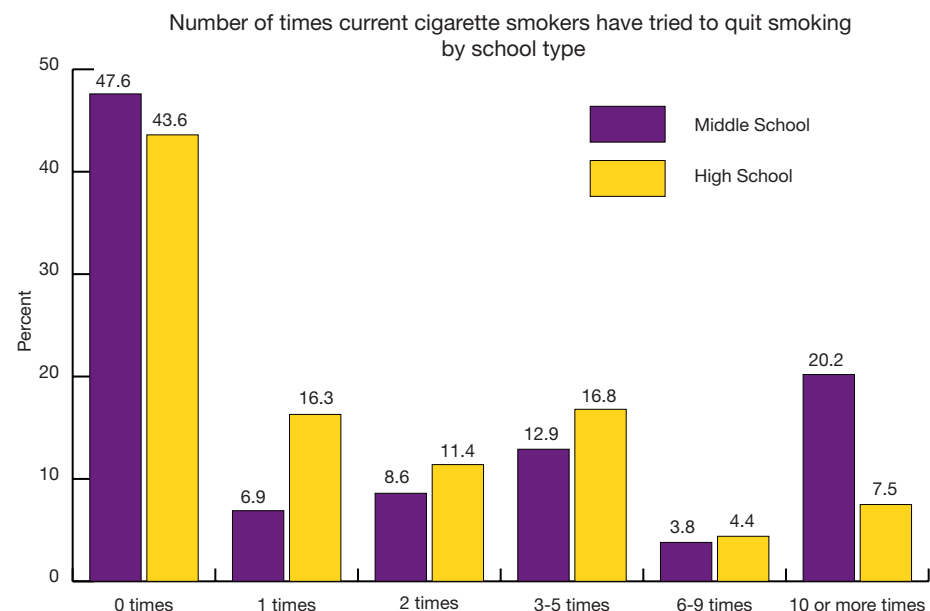
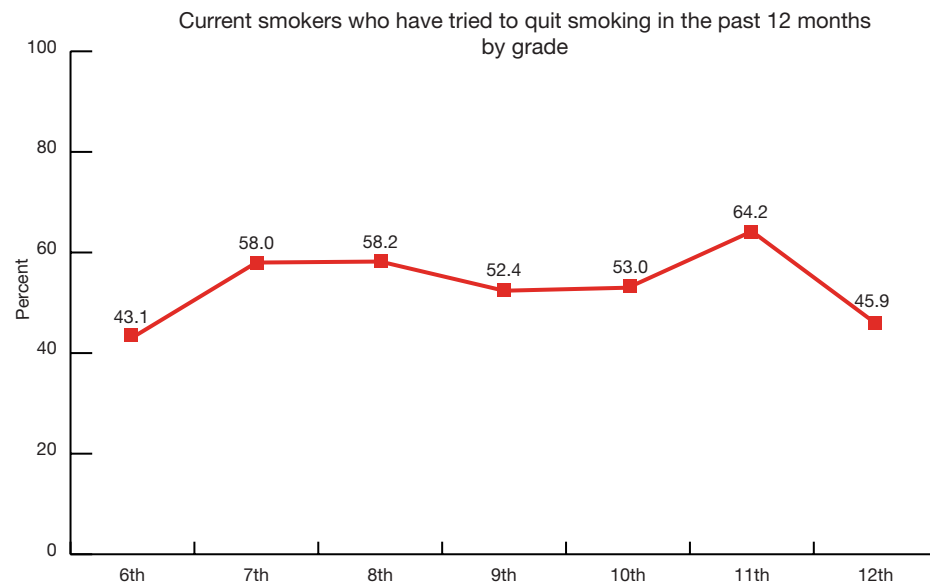
- In middle school, more than 4 in 5 current smokers and 2 in 3 frequent smokers think that they would be able to quit smoking now if they wanted to (83.2% and 66.6%)
- In high school, 3 in 4 current smokers and 3 in 5 frequent smokers believe that they could quit now if they wanted to (74.6% and 59.8%)
- Overall, middle school smokers are slightly more likely than high school smokers to think they can quit smoking now
- 28,900 middle and high school current smokers in Connecticut want to quit smoking
  - 50.3% or 4,400 middle school current smokers and
  - 62.7% or 24,500 high school current smokers
- 13,300 middle and high school frequent smokers in Connecticut want to quit smoking
  - 55.8% or 1,200 middle school current smokers and
  - 67.1% or 12,100 high school current smokers



# QUIT ATTEMPTS AMONG CURRENT SMOKERS

Students were asked two questions to assess their recent and lifetime efforts to quit smoking. The first question asked if they had tried to quit smoking during the past 12 months, and the second asked how many times they have ever tried to quit smoking. The results displayed here are for those students who are current smokers (those who smoked on at least 1 of the past 30 days).

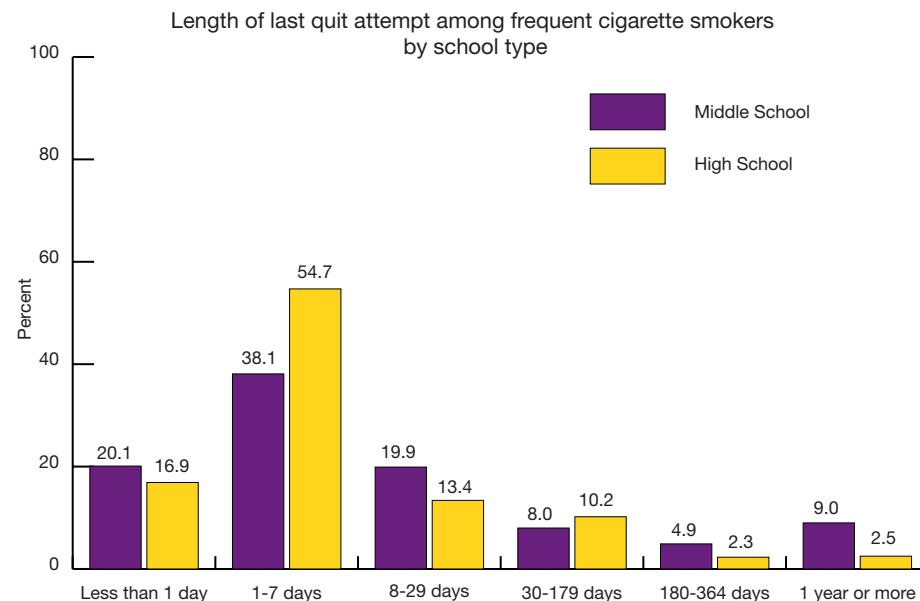
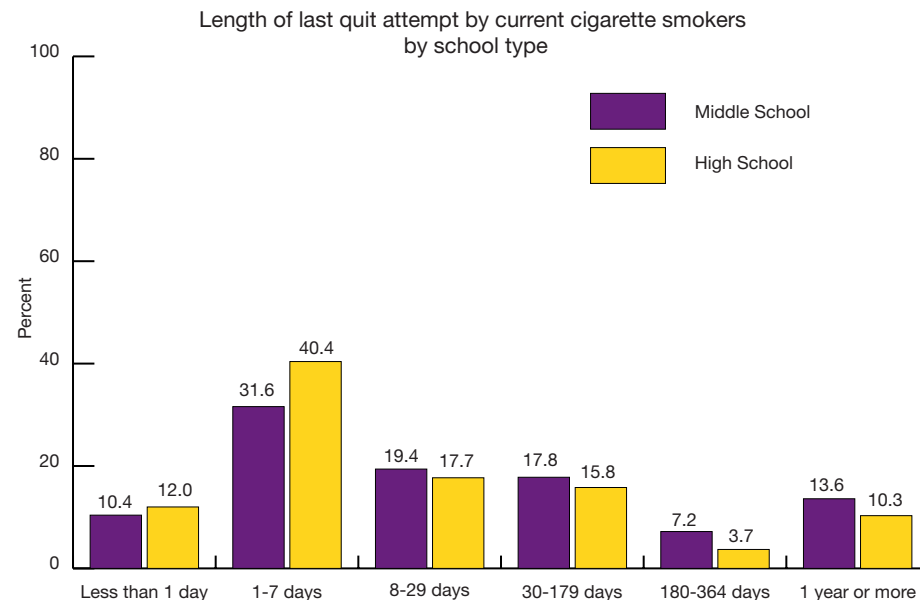
- 25,900 middle and high school current smokers in Connecticut have tried to quit smoking in the past 12 months – *data not shown*
  - 56.2% or 4,900 middle school current smokers and
  - 53.3% or 21,000 high school current smokers
- The percent of current smokers who have tried to quit during the past 12 months varies by grade between 43.1% and 64.2%
- 52.4% of middle school current smokers have tried to quit smoking at least once during their lives
  - 6.9% have tried to quit once
  - 8.6% have tried to quit twice
  - 12.9% have tried to quit 3-5 times, and
  - 24.0% have tried to quit 6 or more times
- 56.4% of high school current smokers have tried to quit smoking at least once during their lives
  - 16.3% have tried to quit once
  - 11.4% have tried to quit twice
  - 16.8% have tried to quit 3-5 times, and
  - 11.9% have tried to quit 6 or more times
- The *Healthy People 2010* objective for cessation is to increase cessation attempts among high school students to 84%. In Connecticut, the percent of high school students who have ever tried to quit smoking in the past 12 months varies by grade between 51.4% and 66.1% – *data not shown*



# LENGTH OF LAST QUIT ATTEMPT

The number of times a student tries to quit smoking is only part of the smoking cessation picture. While some students quit and never smoke again, others may only quit temporarily. Students were asked how long they stayed off cigarettes the last time they tried to quit. The results displayed here are for current and frequent cigarette smokers who have ever tried to quit smoking.

- 3 in 5 middle school and 5 in 7 high school current smokers (61.4% and 70.1%) were unable to stay smoke-free for at least 30 days during their last quit attempt
- More than 3 in 4 middle school and 5 in 6 high school frequent smokers (78.1% and 85.0%) were unable to stay smoke-free for at least 30 days during their last quit attempt
- High school frequent smokers are significantly more likely than middle school frequent smokers to resume smoking between 1 and 7 days after quitting (54.7% and 38.1%)
- Staying smoke-free for over six months does not ensure absolute cessation, since 20.8% of middle school and 14.0% of high school current smokers were able to quit for 6 months or more during their last quit attempt



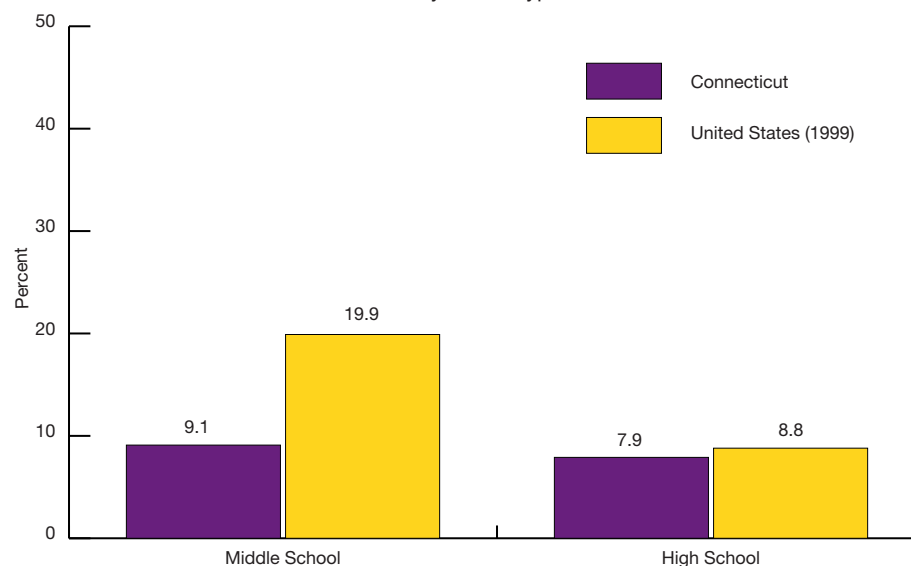
# PARTICIPATION IN CESSATION PROGRAMS

To assess whether students access any programs to assist them in becoming tobacco-free, students were asked if they had ever participated in a program to help them quit using tobacco (in any form). Since the question addressed any form of tobacco use, the results displayed here are for students who report having ever used any form of tobacco.

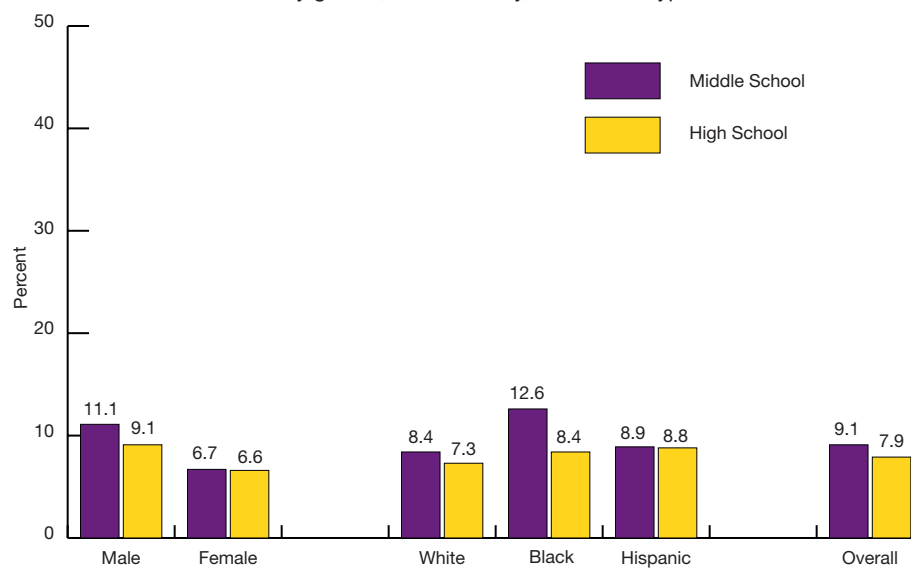
- Fewer than 1 in 10 middle and high school students who have ever used tobacco have participated in a program to help them quit using tobacco
- In middle school, Connecticut ever tobacco users are significantly less likely than their national\* counterparts to have participated in a program to help them quit (9.1% and 19.9%)
- In high school, 7.9% of Connecticut ever tobacco users have participated in a program to help them quit compared to 8.8% nationally
- The percentage of ever tobacco users who have participated in a tobacco cessation program varies by grade between 5.3% and 11.0% – *data not shown*
- There are no significant differences in cessation program participation by gender or race/ethnicity in middle or high school students

\*US data are for year 1999

CT and US ever tobacco users who have participated  
in a program to help them quit using tobacco  
by school type



Ever tobacco users who have ever participated in a program  
to help them quit using tobacco  
by gender, race/ethnicity, and school type

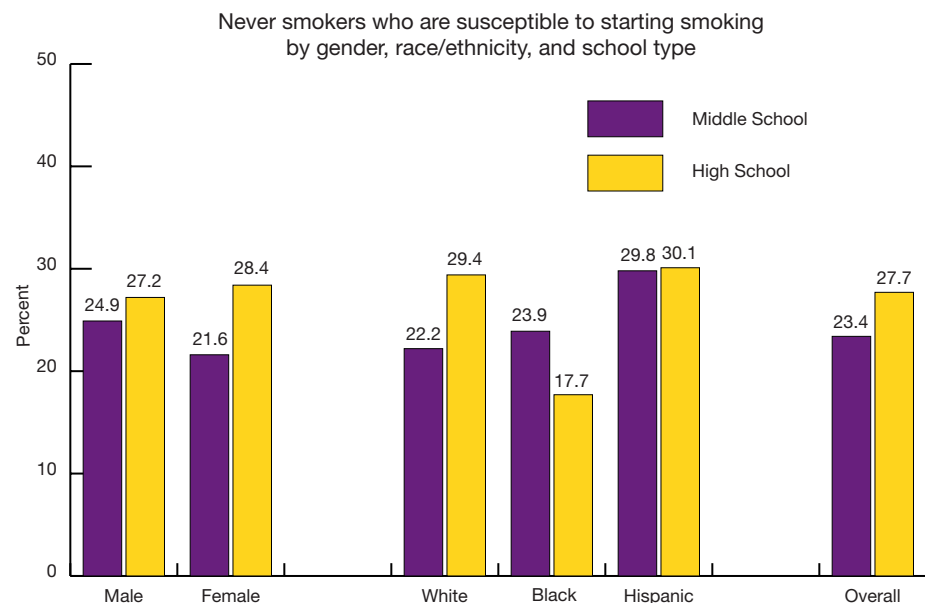
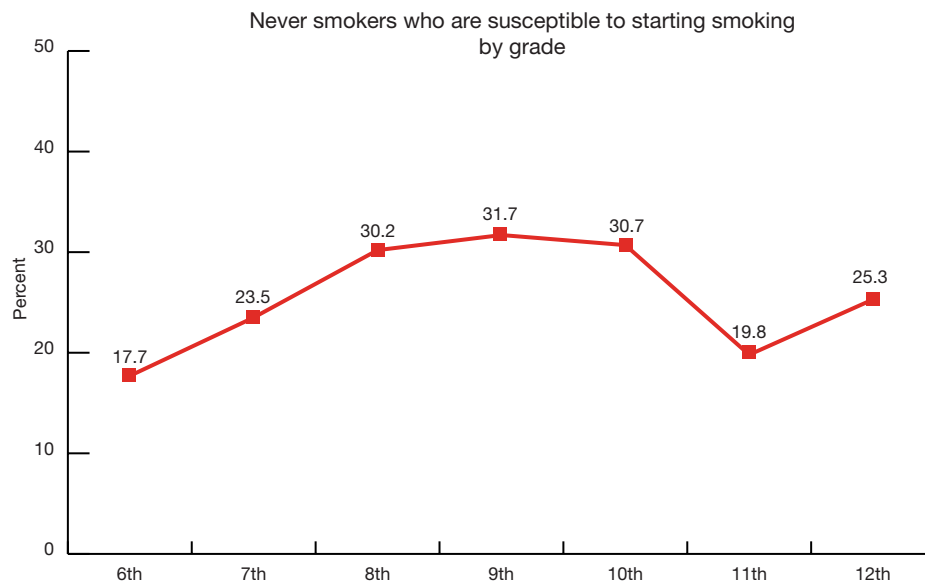




# STUDENTS SUSCEPTIBLE TO SMOKING

A combination of measures was used to assess susceptibility to cigarette smoking among students who have not yet smoked. Students who think that they may try cigarette smoking soon or in the next year and who would smoke a cigarette offered by a best friend are susceptible to starting smoking. These students lack a firm resolve to abstain from cigarette smoking and are more susceptible to peer pressure. The results displayed here are for never smokers.

- 49,400 middle and high school students in Connecticut are susceptible to starting smoking
  - 23.4% or 26,600 middle school students and
  - 27.7% or 22,800 high school students
- The percent of students who are susceptible to cigarette smoking varies by grade between 17.7% and 31.7%
- Susceptibility to smoking is highest between grades 8 and 10
- Approximately one-quarter of boys in middle and high school are susceptible to starting smoking
- The percentage of girls who are susceptible to starting smoking increases more than 30% between middle and high school
- In high school, Black students are significantly less susceptible than White students to starting smoking (17.7% and 29.4%). It appears that Hispanic students (30.1%) are more susceptible than Black students (17.7%) to starting smoking, but the difference is not significant
- There are no significant race/ethnicity differences in smoking susceptibility rates among middle school students
- Nearly 16% of middle school never smokers and 20% of high school never smokers believe that they will try smoking during the next year – *data not shown*
- 1 in 7 middle school never smokers and nearly 1 in 5 high school never smokers would smoke a cigarette offered by a friend – *data not shown*

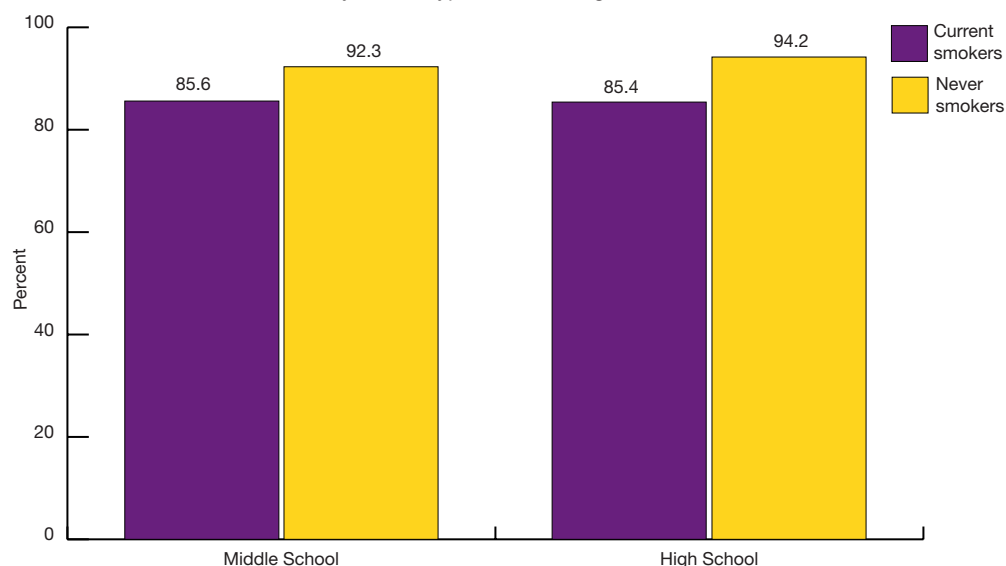


## HEALTH BELIEFS ABOUT TOBACCO USE

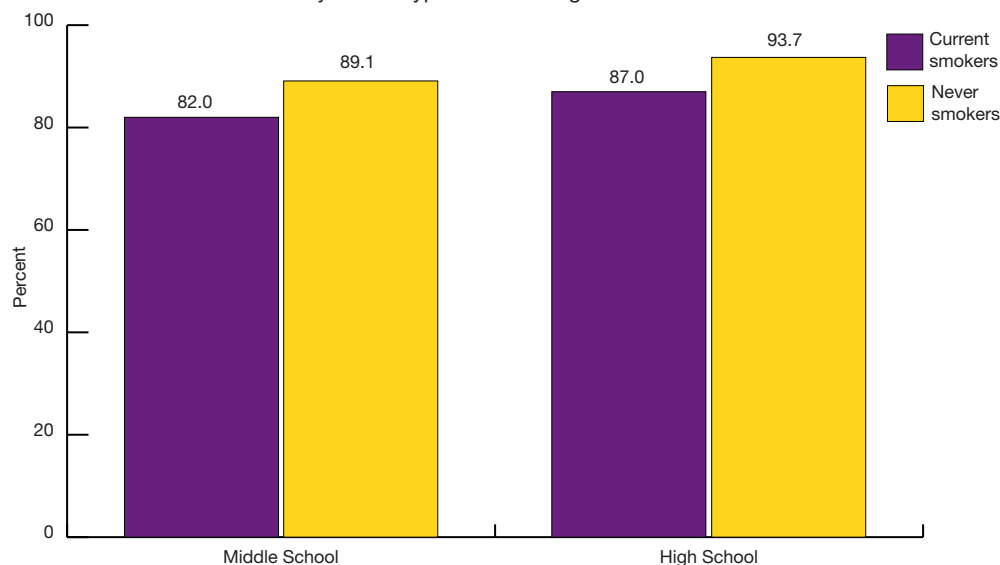
Students were asked several questions to assess their perceptions of the risks associated with tobacco use. Students rated their agreement with the following statements: “people can become addicted to tobacco just like cocaine or heroin,” and “young people who smoke 1-5 cigarettes a day risk harming themselves.” The results displayed here are for current and never smokers who responded definitely or probably yes.

- 9 in 10 middle and high school students, regardless of smoking status, believe that people can become addicted to tobacco just like heroin or cocaine
- Among high school current smokers, girls are significantly more likely than boys to believe that tobacco is addictive (92.2% and 79.4%) – *data not shown*
- In middle school, White never smokers are significantly more likely than Black never smokers to believe that tobacco is addictive (94.2% and 89.3%), and in high school, White never smokers are significantly more likely than Hispanic never smokers to believe that tobacco is addictive (95.7% and 88.1%) – *data not shown*
- In middle and high school, more than 8 in 10 current smokers and 9 in 10 never smokers believe that young people who smoke risk harming themselves
- Among middle school never smokers, Whites are significantly more likely than Blacks to believe that smoking 1-5 cigarettes per day is harmful (91.3% and 83.7%), and among high school never smokers, Whites are significantly more likely than Hispanics to believe that smoking 1-5 cigarettes per day is harmful (95.0% and 86.5%) – *data not shown*

Students who believe tobacco is addictive  
by school type and smoking status



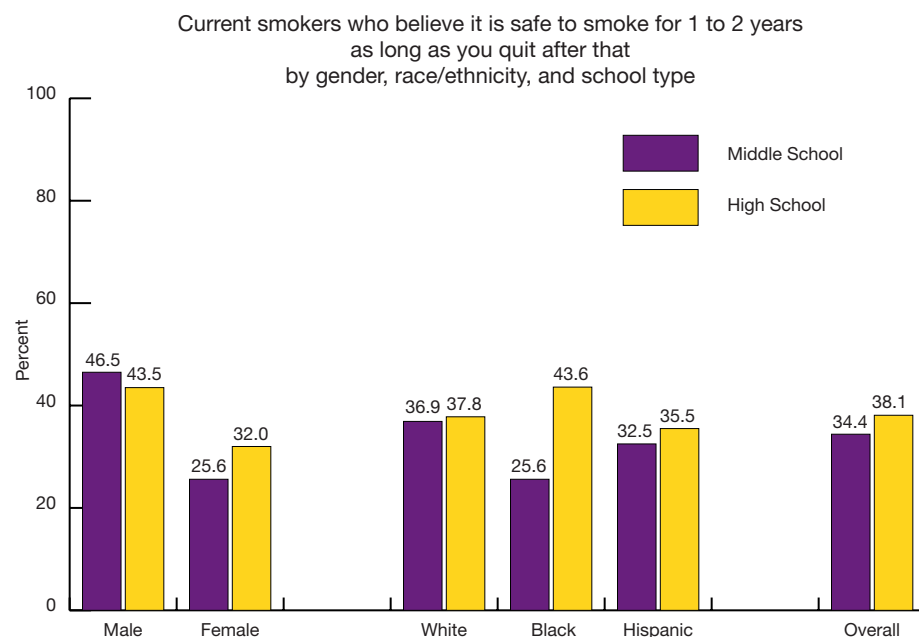
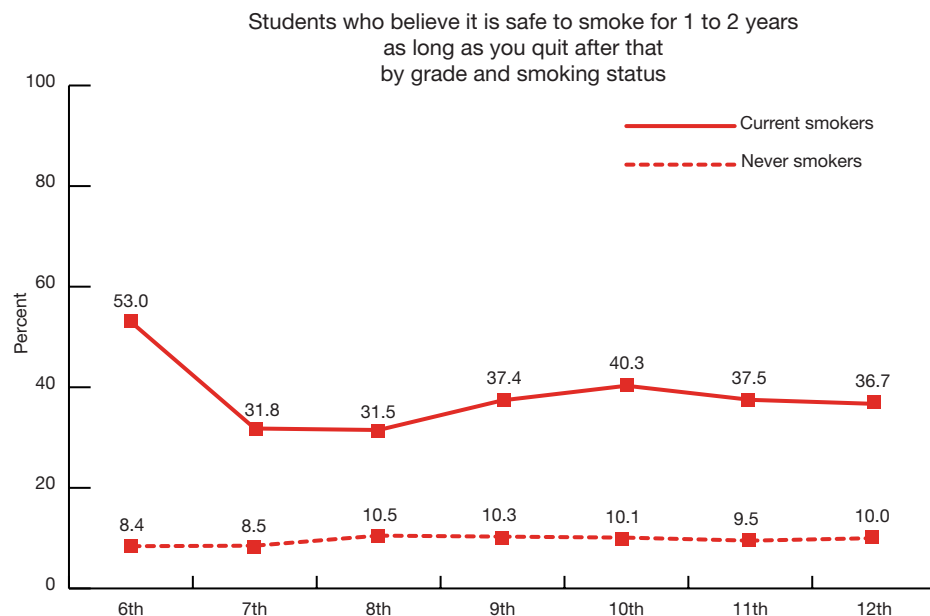
Students who believe smoking 1-5 cigarettes per day is risky  
by school type and smoking status



## SHORT TERM SMOKING HEALTH BELIEFS

To assess students' perceived health risks of smoking on a short term basis, students were asked to rate their agreement with the following statement: "it is safe for a person to smoke for only a year or two as long as they quit after that." The results displayed here are for never smokers and current smokers who responded definitely or probably yes.

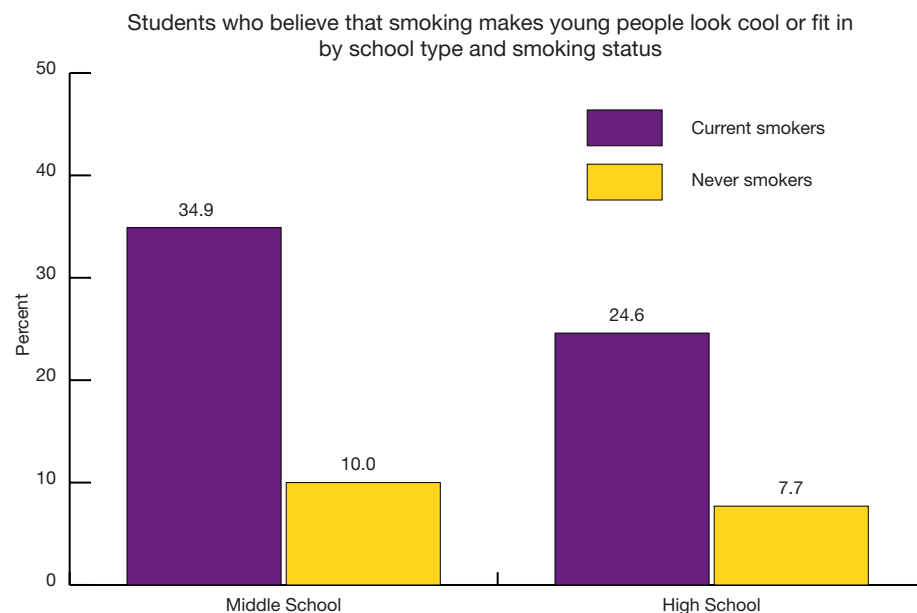
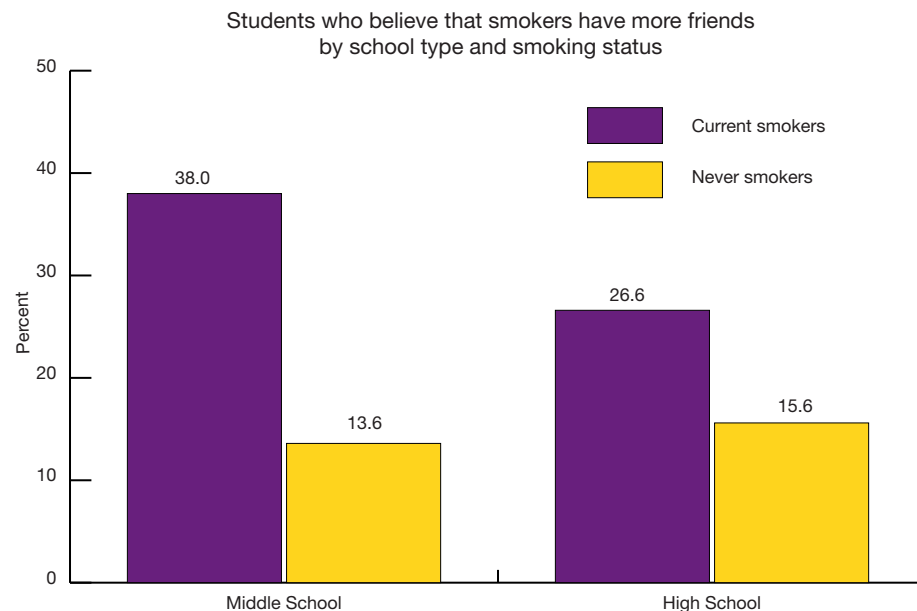
- In every grade, current smokers are significantly more likely than never smokers to believe that smoking for one or two years (short term) is safe
- More than 1 in 3 middle and high school current smokers believe that short term smoking is safe
- In middle and high school, current smokers are almost 4 times more likely than never smokers to believe that short term smoking is safe (34.4% and 9.1% for middle school and 38.1% and 10.0% for high school) – *never smoker data not shown*
- More than one half of current smokers in grade 6 believe that smoking for one or two years is safe
- Among middle and high school current smokers, there are no significant gender or race/ethnicity differences in their beliefs about short term smoking



## SOCIAL BELIEFS ABOUT SMOKING

To assess students' perceived social benefits or deficits of smoking, students were asked to rate their agreement with the following statements: "people who smoke have more friends," and "smoking cigarettes makes young people look cool or fit in." The results displayed here are for never smokers and current smokers who responded definitely or probably yes.

- In middle school, current smokers are about 3 times more likely than never smokers to believe that people who smoke have more friends (38.0% and 13.6%). By high school, current smokers are less than twice as likely as never smokers to believe that smokers have more friends (26.6% and 15.6%). Both differences are significant
- Among high school current and never smokers, girls are significantly more likely than boys to believe that people who smoke have more friends; in middle school, there are no significant gender differences in these rates – *data not shown*
- White high school never smokers are significantly less likely than Black and Hispanic never smokers to believe that people who smoke have more friends (11.4%, 24.2%, and 32.4% respectively) – *data not shown*
- The belief that smoking makes young people look cool or fit in differs significantly between current and never smokers. In middle school, current smokers are 3.5 times more likely than never smokers to believe it (34.9% and 10.0%). In high school, there is little change; current smokers are 3.2 times more likely than never smokers to believe it (24.6% and 7.7%)
- Positive social perceptions of smoking decrease among current and never smokers between middle and high school
- Among current smokers in high school, boys are nearly twice as likely as girls to believe that people who smoke have more friends (31.9% and 16.6%). Among never smokers in high school, boys are 2.5 times more likely than girls to believe it (11.1% and 4.4%). Both differences are significant – *data not shown*

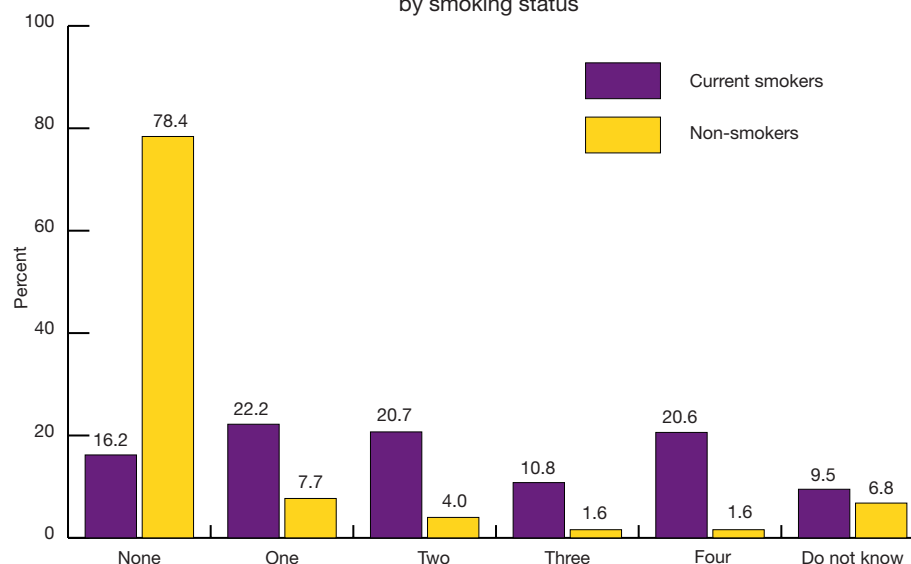


# SMOKING AMONG PEER GROUPS

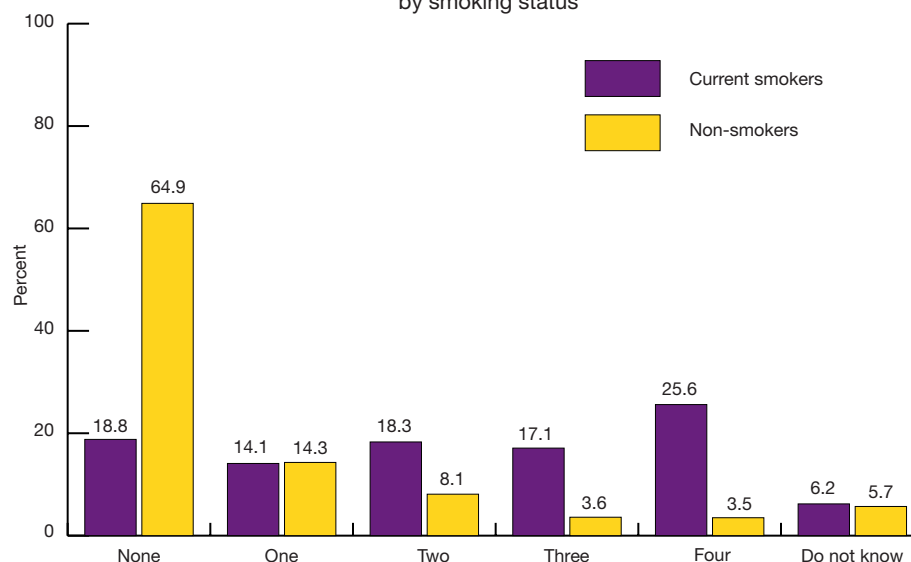
Other research has shown that smoking occurs within peer groups; smokers tend to associate with other smokers, and non-smokers tend to associate with other non-smokers. To assess smoking practices within peer groups, students were asked to state how many of their four closest friends smoke cigarettes. Results displayed here are for current smokers and non-smokers.

- 7.2% of middle school non-smokers report that two or more of their four closest friends smoke cigarettes, compared to 52.1% of current smokers
- 15.2% of high school non-smokers report that two or more of their four closest friends smoke cigarettes, compared to 61.0% of current smokers
- More than 1 in 3 middle school current smokers and more than 2 in 5 high school current smokers report that three or more of their four closest friends smoke cigarettes
- In middle school, current smokers were 13 times more likely than non-smokers to report that all of their four closest friends smoke (20.6% and 1.6%), while in high school, current smokers are 7 times more likely to report it (25.6% and 3.5%)
- More than 3 in 4 non-smokers in middle school report that none of their four best friends smokes cigarettes; by high school, this drops to approximately 3 in 5
- In middle school, Black current smokers are significantly less likely than both White and Hispanic current smokers to report that all of their four closest friends smoke cigarettes (2.3%, 20.9%, and 29.3% respectively) – *data not shown*
- In high school, White current smokers are significantly less likely than Black current smokers to report that none of their four closest friends smokes cigarettes (16.9% and 31.3%) – *data not shown*

Among middle school students, the number of their four closest friends who smoke cigarettes by smoking status



Among high school students, the number of their four closest friends who smoke cigarettes by smoking status

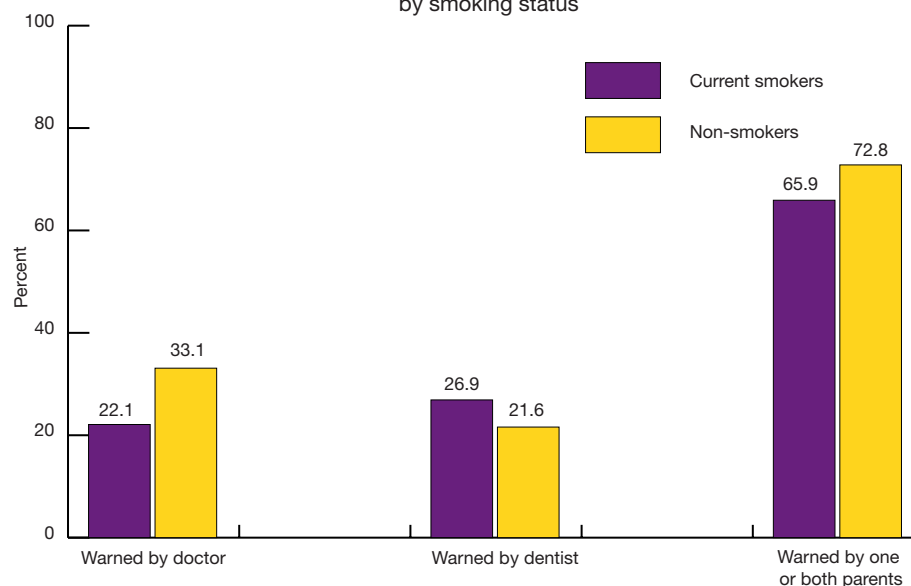


## ADULT COUNSEL ON TOBACCO USE

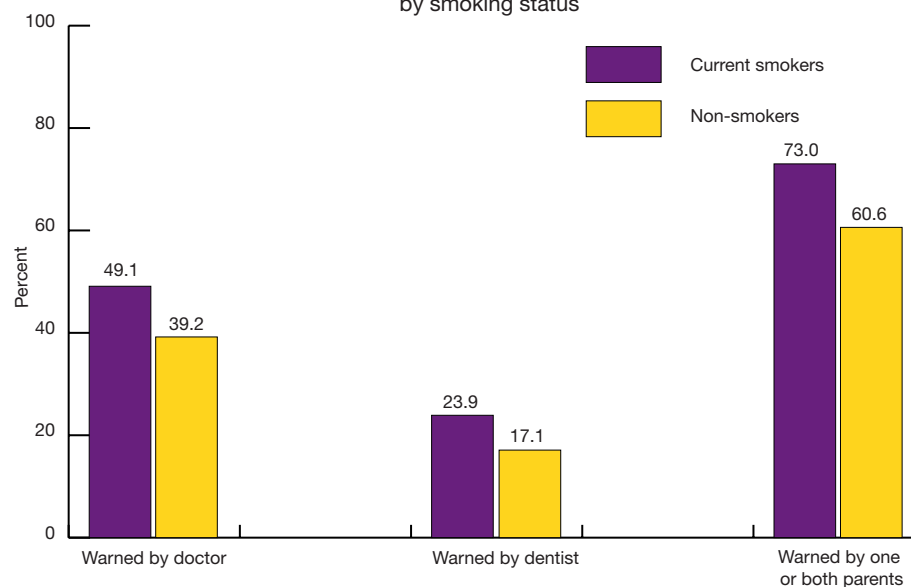
To assess adult counsel on the dangers of tobacco use, students were asked if they ever received warnings from parents or guardians, and if a doctor or dentist (or their staff) had warned them within the past 12 months. The results displayed here are for current smokers and non-smokers and, in the cases of provider intervention, students who have been to a doctor or dentist's office in the past 12 months.

- Roughly 7 in 10 middle school current and non-smokers have ever been warned about the dangers of tobacco use by one or both parents
- About 6 in 10 high school never smokers and 7 in 10 current smokers have ever been warned about the dangers of tobacco use by one or both parents
- In middle school, 22.1% of current smokers and 33.1% of non-smokers have been warned at a doctor's office within the past year about the dangers of tobacco use. Approximately 27% have been warned at a dental office
- In high school, 49.1% of current smokers and 39.2% of non-smokers have been warned at a doctor's office in the past year about the danger of tobacco use. Only 23.9% of current and 17.1% of non-smokers have been warned at a dental office
- About 4 in 5 middle school and 1 in 2 high school current smokers who have been to a doctor within the past year received no warning about the dangers of tobacco use
- Approximately 3 in 4 middle and high school current smokers who have been to a dentist within the past year received no warning about the dangers of tobacco use

Middle school students who were warned by their doctor, dentist, or parent(s) about the dangers of smoking by smoking status



High school students who were warned by their doctor, dentist, or parent(s) about the dangers of smoking by smoking status

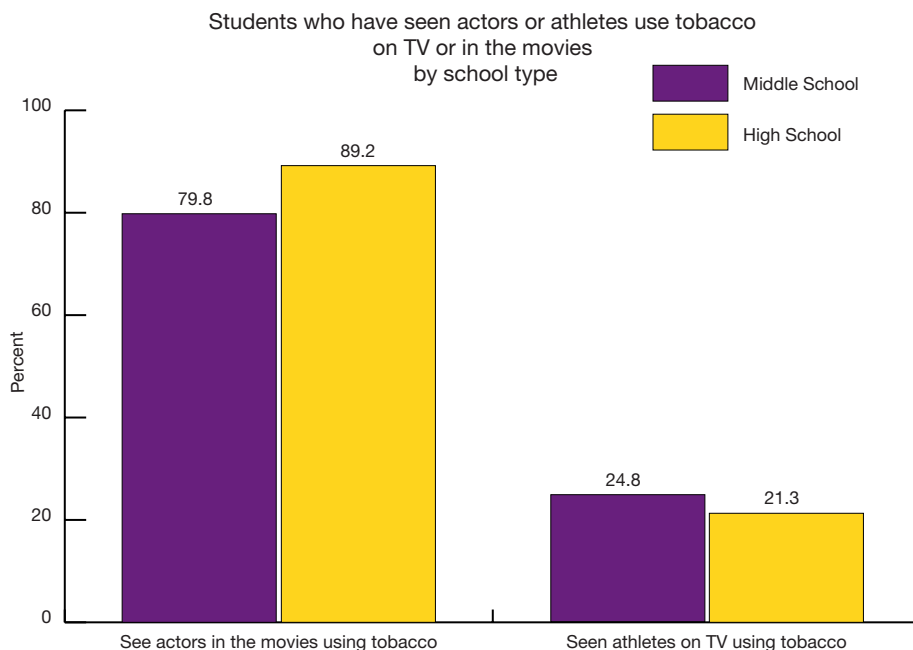
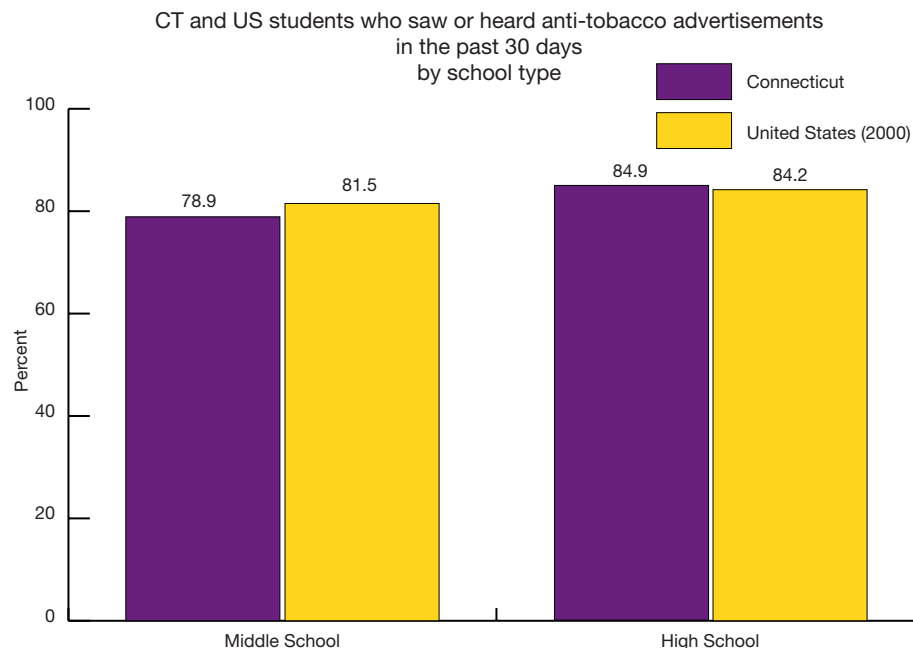


# TOBACCO INFLUENCES IN THE MEDIA

Students were asked questions to assess their exposure to tobacco messages in the media. Students were asked if they had seen or heard anti-tobacco advertisements in the past 30 days. They were also asked if they normally see athletes using tobacco on television, or actors using tobacco on television or in movies. The results displayed here are for those students who reported listening to the radio, watching television, and/or going to the movies.

- About 8 in 10 middle and high school students saw or heard anti-tobacco ads on radio, television, or the Internet in the past 30 days
- Middle and high school students in Connecticut and nationally\* have similar rates of exposure to anti-tobacco advertising (78.9% and 81.5% in middle, and 84.9% and 84.2% in high school)
- Nearly 9 in 10 high school students and 8 in 10 middle school students in Connecticut report seeing actors using tobacco
- 1 in 4 middle school students and 1 in 5 high school students have seen athletes on television using tobacco
- A *Healthy People 2010* objective is to eliminate tobacco advertising and promotions that influence minors and young adults

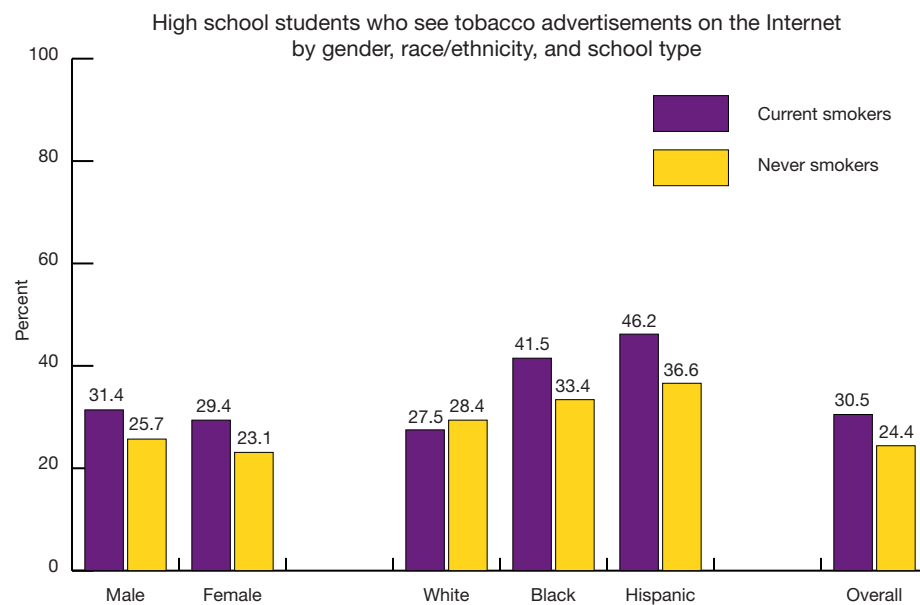
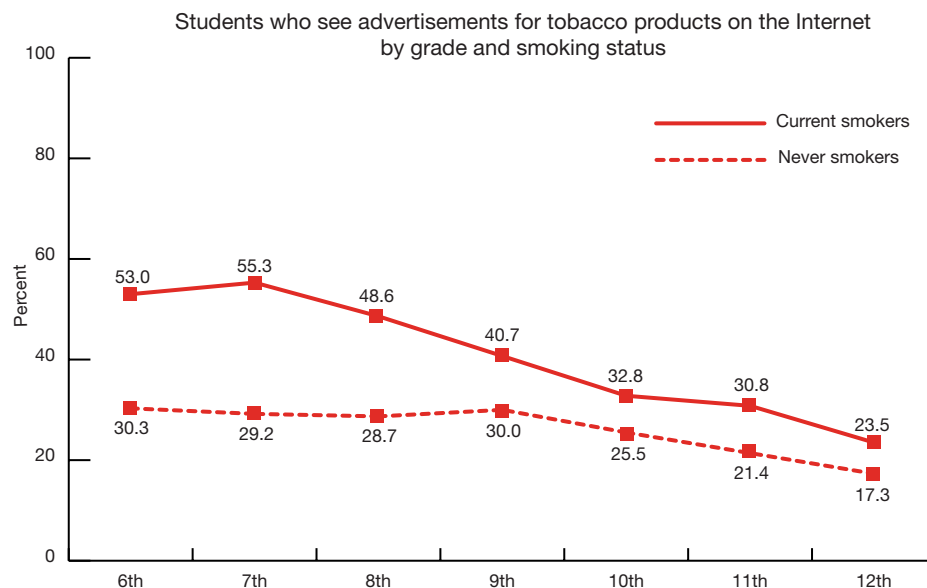
\*US data are for year 2000



# TOBACCO ADS ON THE INTERNET

Tobacco advertising on the Internet is currently unregulated. To assess their exposure to advertising through this medium, students were asked how often they see ads for tobacco products when they use the Internet. The results displayed here are for current and never smokers who use the Internet and report seeing ads some or most of the time.

- By grade, current smokers are consistently more likely than non-smokers to see ads on the Internet for tobacco products; however, these differences are not always significant
- In middle school, current smokers are significantly more likely than non-smokers to see ads for tobacco products on the Internet (50.9% and 29.5%) – *data not shown*
- In high school, there are no significant race/ethnicity differences between current and non-smokers in the percentage of students who reported seeing tobacco ads on the Internet
- Among both high school girls and boys, there are no significant differences between smokers and non-smokers in the percentage of students who saw tobacco ads on the Internet
- Overall, 30.7% of middle school and 25.7% of high school students saw ads on the Internet for tobacco products – *data not shown*





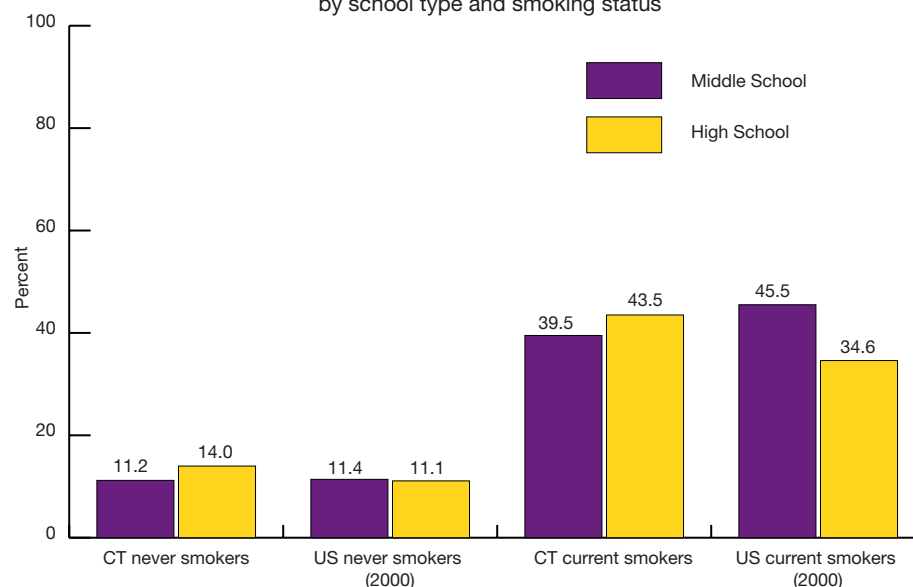
# TOBACCO ADVERTISING RECEPTIVITY

Two measures were used to assess tobacco advertising receptivity among students. Students were asked: if, during the past 12 months, they had bought or received anything with a tobacco company name or picture with a tobacco name or picture on it. The results displayed here are for current and never smokers.

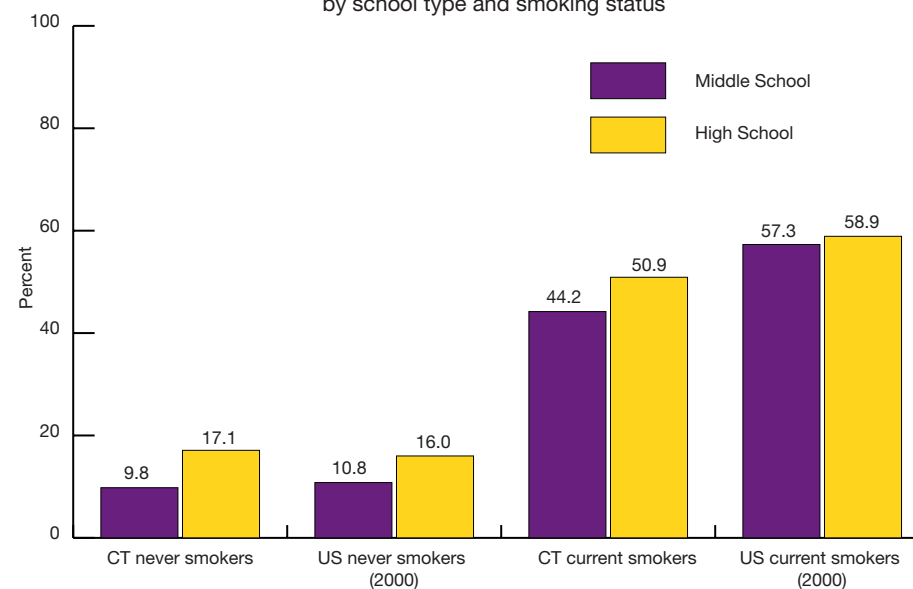
- Connecticut middle school never smokers are as likely as students nationally\* to have bought or received a product with a tobacco company name or picture on it in the past 12 months (11.2% and 11.4%)
- Connecticut high school never smokers are slightly more likely than students nationally to have bought or received a product with a tobacco company name or picture on it in the past 12 months (14.0% and 11.1%)
- Connecticut middle school current smokers are less likely than their US counterparts to have bought or received anything with a tobacco company name or picture on it in the past 12 months (39.5% and 45.5%), while Connecticut high school current smokers are more likely to have done so (43.5% and 34.6%)
- Connecticut never smokers are as likely as never smokers nationally to say that they would wear or use a product with a tobacco company name or picture on it
  - 9.8% CT and 10.8% US in middle school and
  - 17.1% CT and 16.0% US in high school
- Connecticut current smokers are about 1.2 times less likely than current smokers nationally to say that they would wear or use a product with a tobacco company name or picture on it
  - 44.2% CT and 57.3% US in middle school and
  - 50.9% CT and 58.9% US in high school

\*US data are for year 2000

CT and US students who bought or received anything with a tobacco company name or picture on it in the past 12 months  
by school type and smoking status



CT and US students who would ever wear or use anything with a tobacco company name or picture on it  
by school type and smoking status

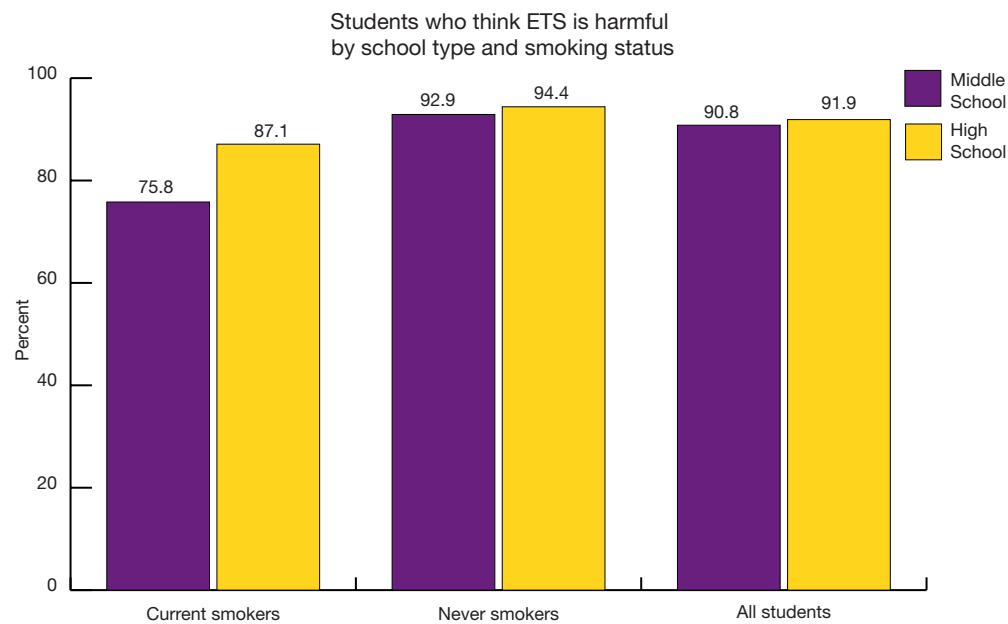
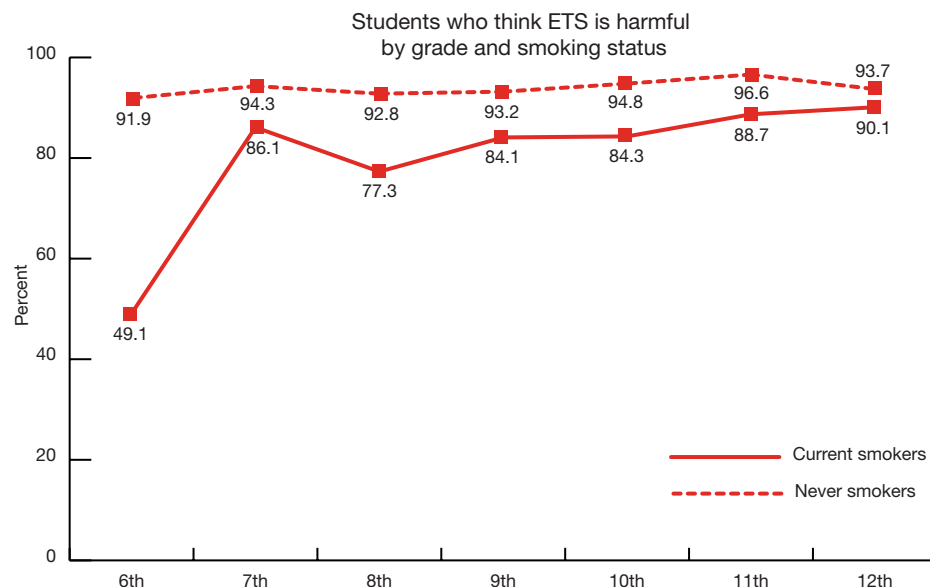


## HEALTH BELIEFS ABOUT ETS

Environmental tobacco smoke (ETS or secondhand smoke) is a known human lung carcinogen and negatively impacts the respiratory health of children.\* To assess their health beliefs about the dangers associated with ETS exposure, students were asked if they thought that the smoke from other people's cigarettes is harmful to them. Results displayed are for current and never smokers and all students who believe ETS is definitely or probably harmful.

- The percentage of current smokers who believe ETS is harmful varies by grade between 49.1% and 90.1%. Among never smokers, the percent varies by grade between 91.9% and 96.6%
- Less than half (49.1%) of current smokers in grade 6 think that ETS is harmful, while 90.1% of current smokers in grade 12 believe it
- Overall, 9 in 10 middle and high school students believe that secondhand smoke is definitely or probably harmful to them
- Current smokers in high school are only slightly significantly more aware of the harmful effects of ETS than current smokers in middle school are (87.1% and 75.8%)
- In both middle and high school, White students are more likely than Black or Hispanic students to believe that secondhand smoke is definitely or probably harmful (93.3%, 81.8%, 83.9% for middle school and 93.8%, 88.0%, 85.9% for high school) – data not shown
- Among all students in both middle and high school, girls are more likely than boys to believe that ETS is harmful (92.5% and 89.5% for middle school and 95.0% and 88.9% for high school). The difference in high school is significant

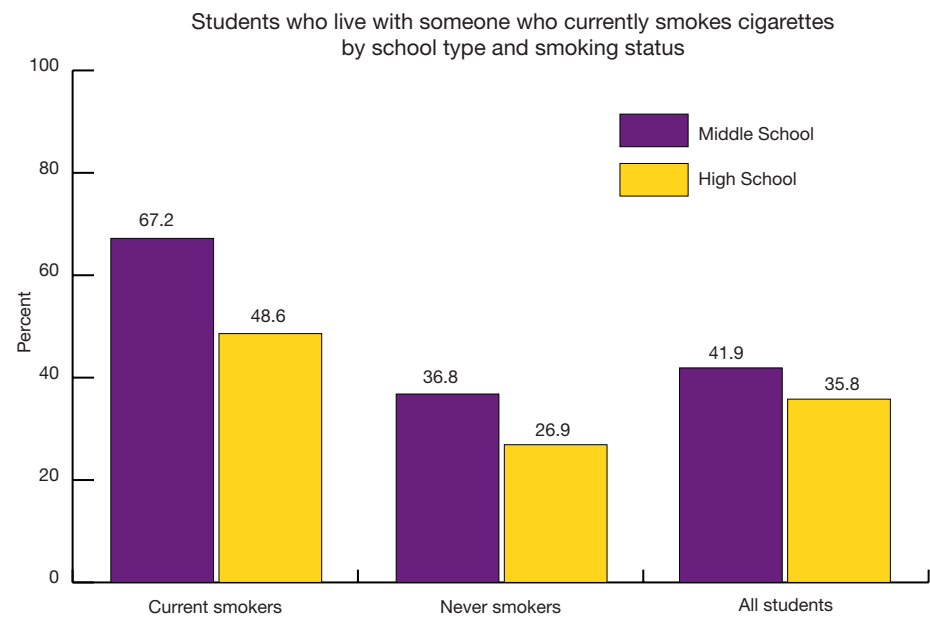
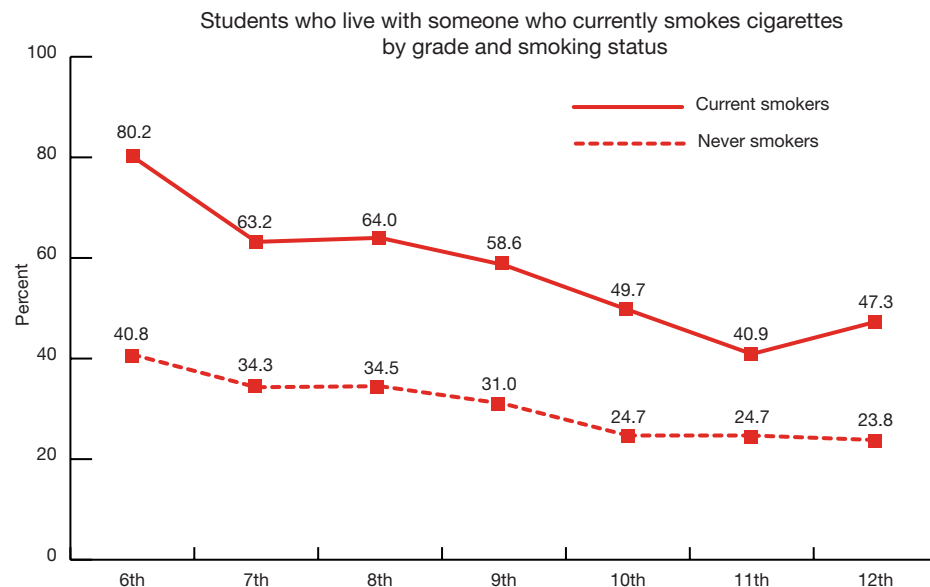
\*USDHHS. Reducing Tobacco Use: A Report of the Surgeon General. Atlanta, GA: USDHHS, CDC, NCCDPHP, OSH, 2000 / p. 48



# EXPOSURE TO ETS AT HOME

To assess how many students in Connecticut are being exposed to cigarette smoke at home, students were asked if they live with someone who currently smokes cigarettes. Results displayed here are for never smokers, current smokers and all students.

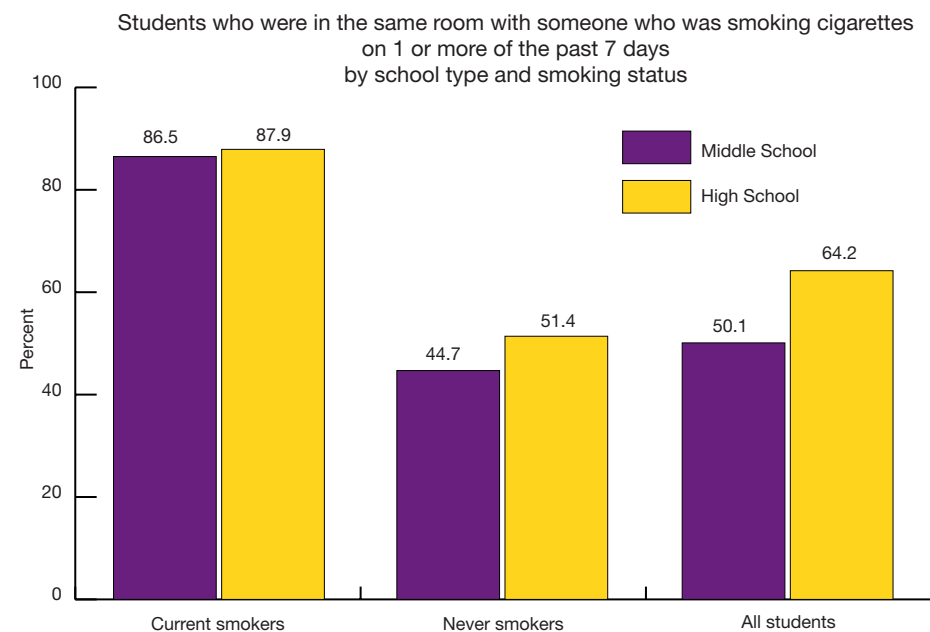
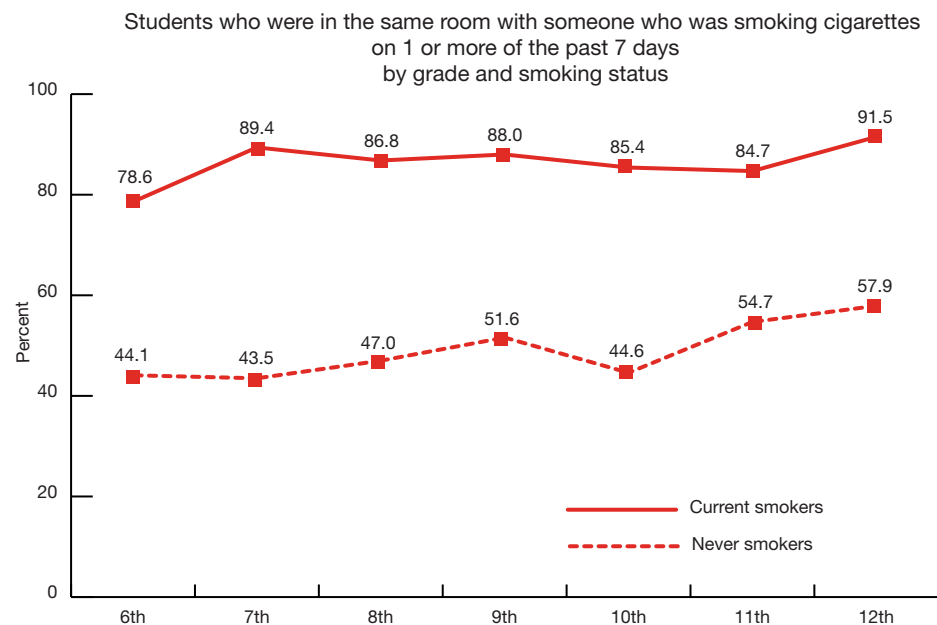
- 2 in 5 or 125,000 middle and high school students in Connecticut currently live with someone who smokes cigarettes
  - 41.9% or 62,000 middle school students and
  - 35.8% or 63,000 high school students
- From grade 6 to 12, current smokers are significantly and consistently more likely than never smokers to live with someone who currently smokes cigarettes
- The percentage of current smokers who live with someone who smokes cigarettes varies by grade between 40.9% and 80.2% and between 23.8% and 40.8% by grade among never smokers
- 8 in 10 current smokers in grade 6 report that they live with someone who smokes
- Current smokers in middle and high school are almost twice as likely as never smokers to live with someone who currently smokes cigarettes (67.2% and 36.8% for middle school and 48.6% and 26.9% for high school)
- 42,000 middle school students (36.8%) and 22,000 high school students (26.9%) who have never smoked are being exposed to environmental tobacco smoke in their homes
- The *Healthy People 2010* objective for ETS is to reduce the proportion of children (aged 6 and younger) who are regularly exposed to tobacco smoke at home to 10% and to reduce the proportion of non-smokers (of all ages) exposed to ETS to 45%. In Connecticut, 39% of middle and high school students live with someone who smokes



## RECENT PROXIMATE EXPOSURE TO ETS

To further assess student exposure to ETS, students were asked if they were in the same room with someone who was smoking cigarettes during the past 7 days. Students who reported being in the same room with someone who was smoking cigarettes during 1 or more of the past 7 days were considered to be recently exposed. Results displayed are for never smokers, current smokers and all students.

- 187,300 students in Connecticut were recently in the same room with someone who was smoking cigarettes
  - 50.1% or 74,300 middle school students and
  - 64.2% or 113,000 high school students
- From grade 6 to 12, current smokers are significantly and consistently more likely than never smokers to have recently been in a room with someone who was smoking cigarettes
- The percentage of current smokers who have recently been in a room with a smoker varies by grade between 78.6% and 91.5% and between 43.5% and 57.9% by grade among never smokers
- Middle school current smokers are almost twice as likely as never smokers to have recently been in a room with someone who was smoking cigarettes (86.5% and 44.7%)
- High school current smokers are 1.7 times more likely than never smokers to have recently been in a room with someone who was smoking cigarettes (87.9% and 51.4%)
- 50,800 or 44.7% of middle school and 42,300 or 51.4% of high school never smokers were recently exposed to cigarette smoke
- In middle and high school, Black students are less likely than White and Hispanic students to have recently been in a room with someone who was smoking cigarettes (42.3%, 51.3%, and 51.1%, respectively, for middle school and 57.9%, 65.6%, and 63.6%, respectively, for high school) – *data not shown*

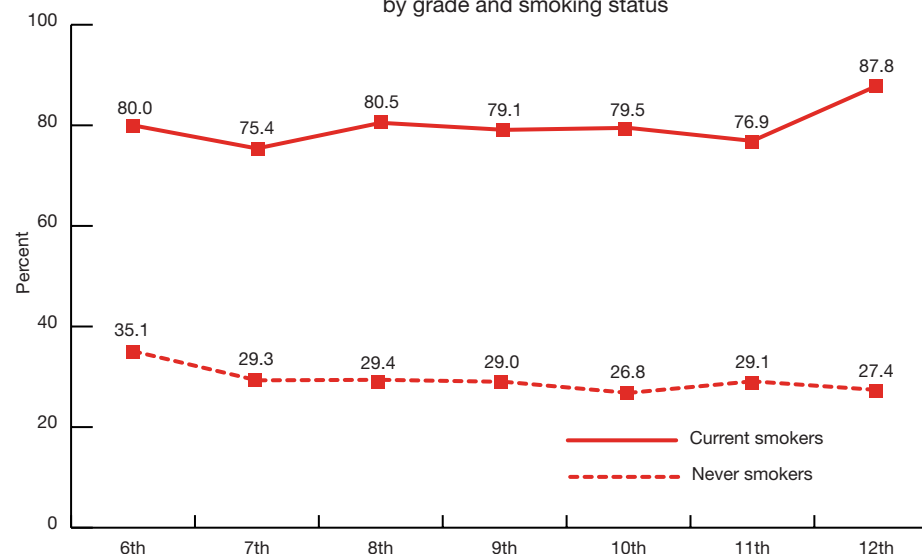


## RECENT ETS EXPOSURE IN A CAR

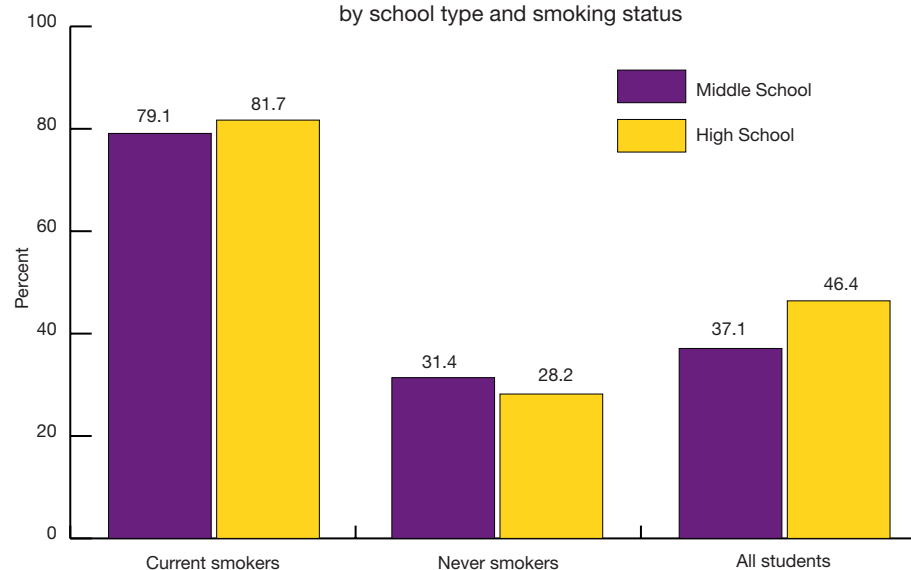
Concentrations of, and exposure to, environmental tobacco smoke (ETS) are higher in confined spaces. To assess this type of ETS exposure, students were asked if they had ridden in a car with someone who was smoking cigarettes during the past 7 days. Results displayed are for all students and current and never smokers who reported riding in a car with a smoker on 1 or more of the past 7 days.

- 136,600 students in Connecticut rode in a car with someone who was smoking cigarettes on 1 or more of the past 7 days
  - 37.1% or 55,000 middle school students and
  - 46.4% or 81,600 high school students
- From grade 6 to 12, current smokers are significantly and consistently more likely than never smokers to have recently ridden in a car with someone smoking cigarettes
  - current smokers in grade 12 are almost 5 times more likely than never smokers to have recently been exposed to ETS in a car (86.3% and 18.5%)
- The percentage of current smokers who have recently been in a car with a smoker varies by grade between 75.4% and 87.8% and between 26.8% and 35.1% by grade among never smokers
- Middle school current smokers are 2.5 times more likely than never smokers to have recently been in a car with someone who was smoking cigarettes (79.1% and 31.4%)
- High school current smokers are nearly three times more likely than never smokers to have recently been in a car with someone who was smoking cigarettes (81.7% and 28.2%)
- 35,700 middle school never smokers (31.4%) and 23,200 high school never smokers (28.2%) were exposed to cigarette smoke in a car on 1 or more of the past 7 days

Students who rode in a car with someone who was smoking cigarettes on 1 or more of the past 7 days by grade and smoking status



Students who rode in a car with someone who was smoking cigarettes on 1 or more of the past 7 days by school type and smoking status



## COMPARING 2000 & 2002

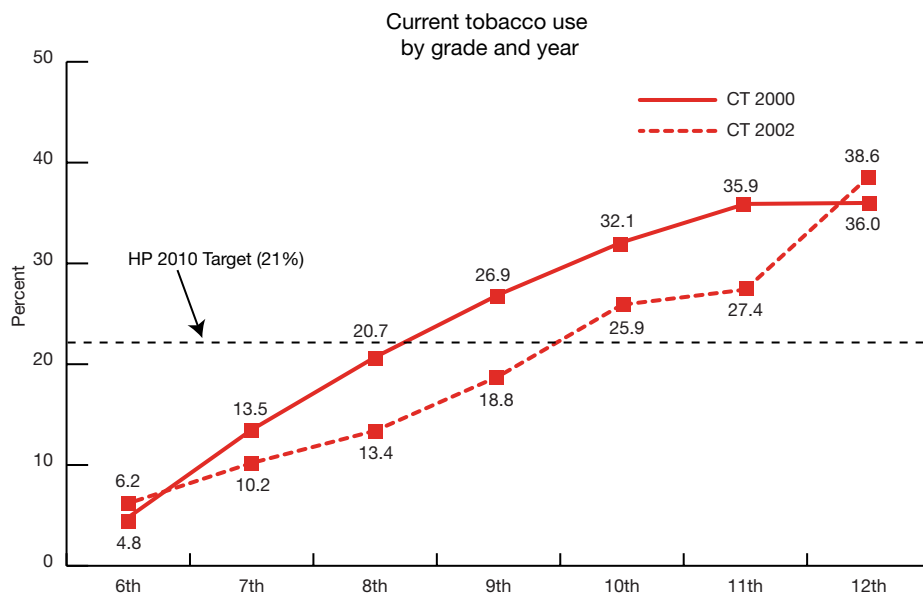
# CONNECTICUT YOUTH TOBACCO SURVEY

## Comparing Years 2000 and 2002

The first CYTS was conducted in the spring of 2000. The following pages compare the findings of the 2000 CYTS with those of the 2002 survey. Significant changes have been highlighted throughout this section.

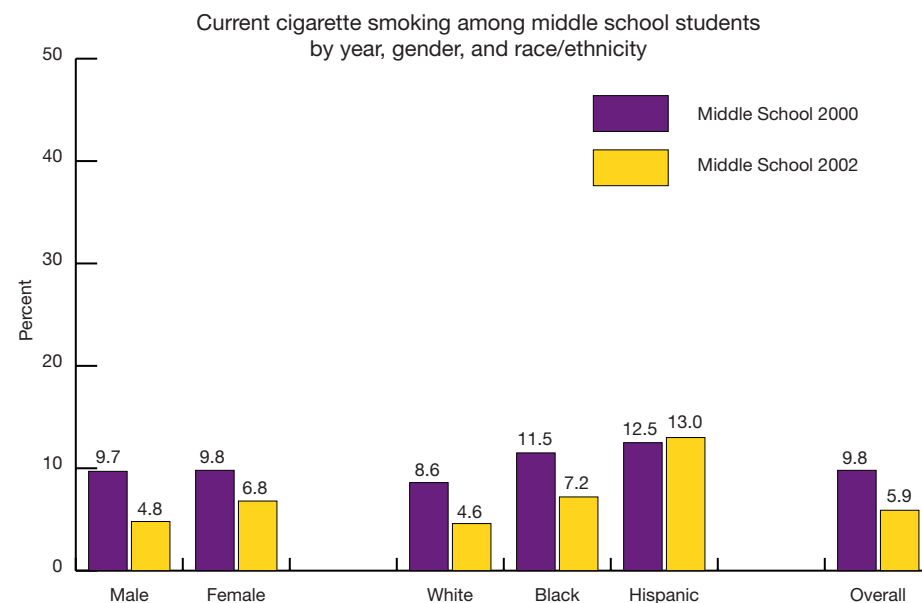
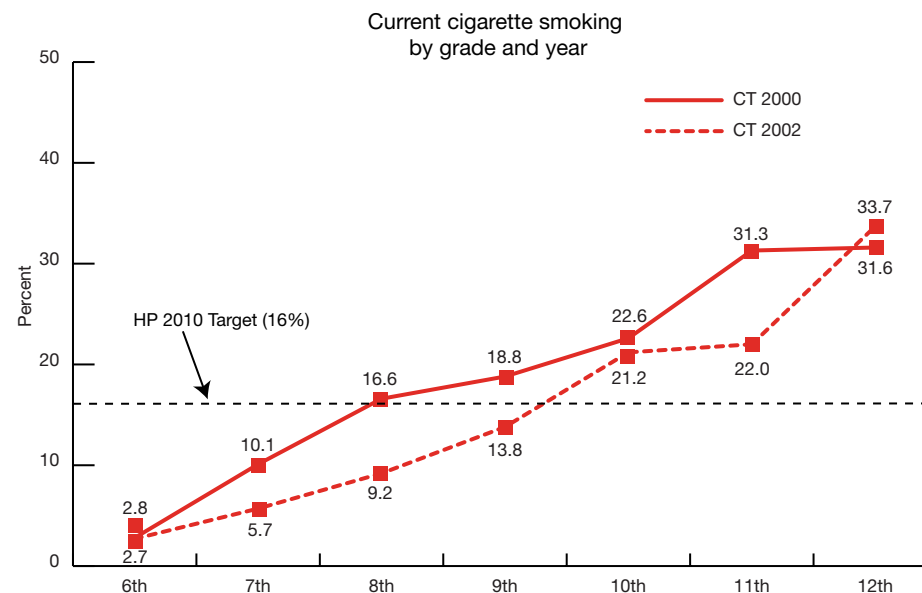
### ANY TOBACCO USE

- A statistically significant change in tobacco use occurred in grade 9, where it decreased from 26.9% in 2000 to 18.8% in 2002
- Between 2000 and 2002, the number of students using tobacco has decreased
  - 12,500 fewer students used any tobacco
  - 9,600 fewer students smoked cigars
  - 600 fewer students smoked bidis
  - 2,800 fewer students used smokeless tobacco
  - 1,800 fewer students smoked pipes
  - 10,900 fewer students smoked cigarettes
- The *Healthy People 2010* objective for tobacco is to reduce use among high school students to no more than 21%. In 2000, CT eighth graders were using tobacco at about that rate (20.7%). In 2002, students do not exceed the 21% use rate until grade 10



# CIGARETTE SMOKING

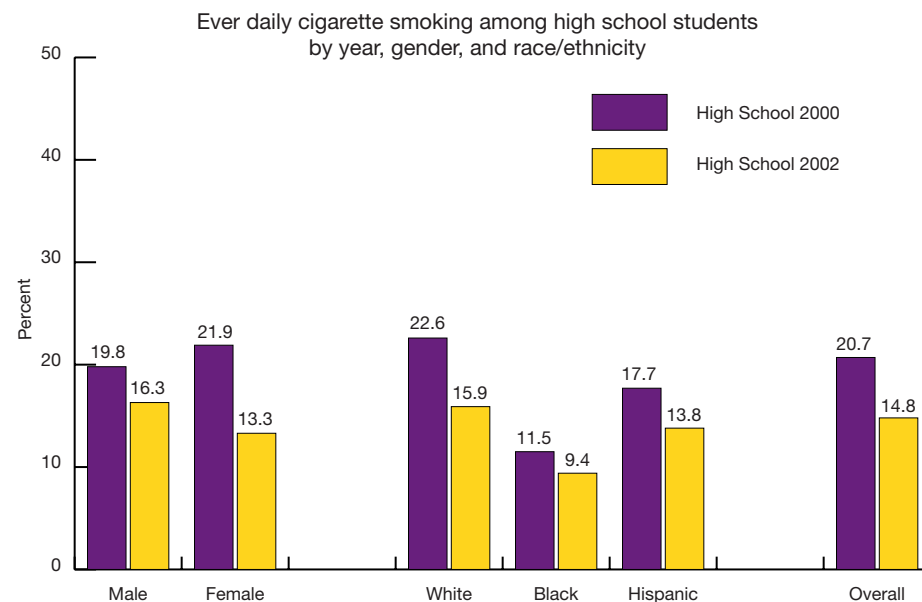
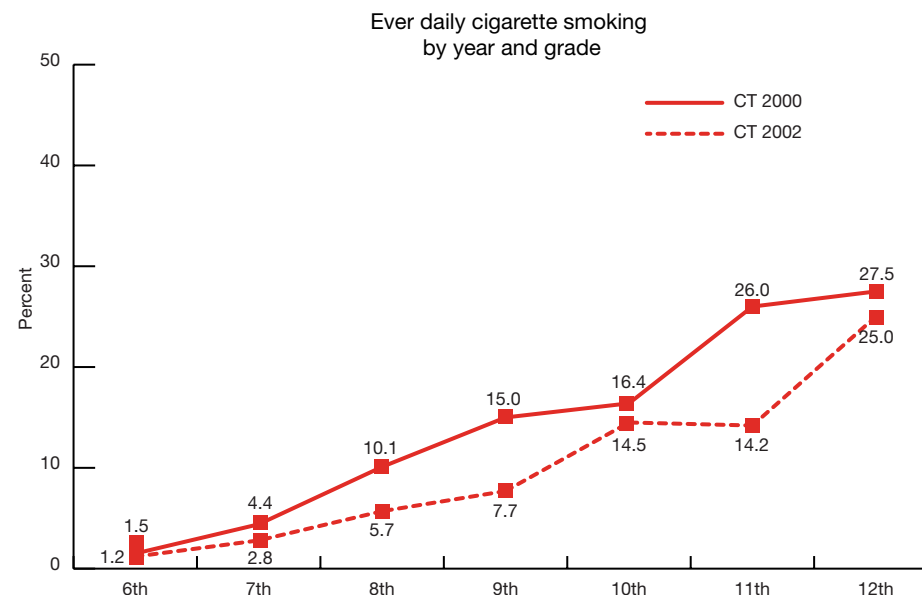
- There was a statistically significant decrease in smoking among middle school boys. In 2000, 9.7% of middle school boys reported having smoked in the past 30 days, compared to 4.8% in 2002
- In 2002, 10,900 fewer students reported smoking cigarettes in the past 30 days than in 2000
- The *Healthy People 2010* objective for cigarette smoking is to reduce use among high school students to no more than 16%. In 2000, CT students exceeded this use rate before grade 8. In 2002, students do not go above 16% until grade 10





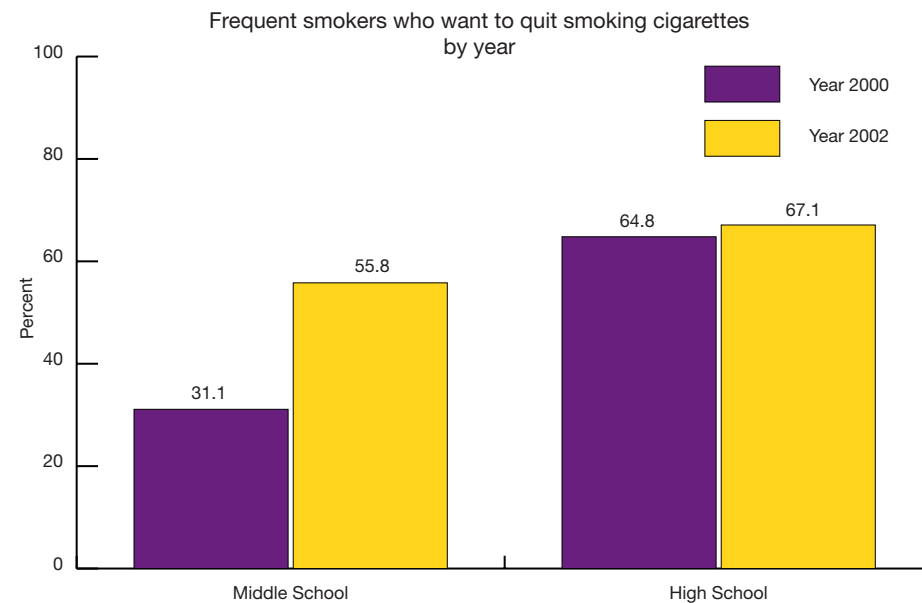
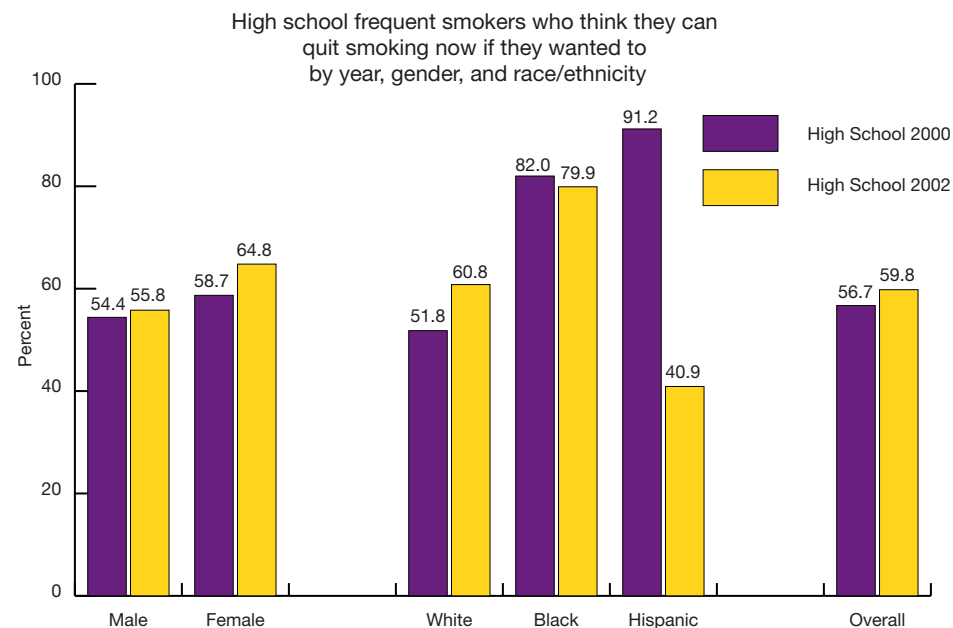
# EVER DAILY CIGARETTE SMOKING

- Since 2000, there were some statistically significant decreases in students who reported having ever smoked daily
  - Among high school students overall, ever daily smoking decreased from 20.7% in 2000 to 14.8% in 2002
  - Among high school girls, ever daily smoking decreased from 21.9% in 2000 to 13.3% in 2002
  - Among ninth graders, those who reported ever having smoked daily decreased from 15.0% in 2000 to 7.7% in 2002
  - Among eleventh graders, ever daily smoking decreased from 26.0% in 2000 to 14.2% in 2002
- In 2002, 12,800 fewer students reported to ever have smoked daily than in 2000



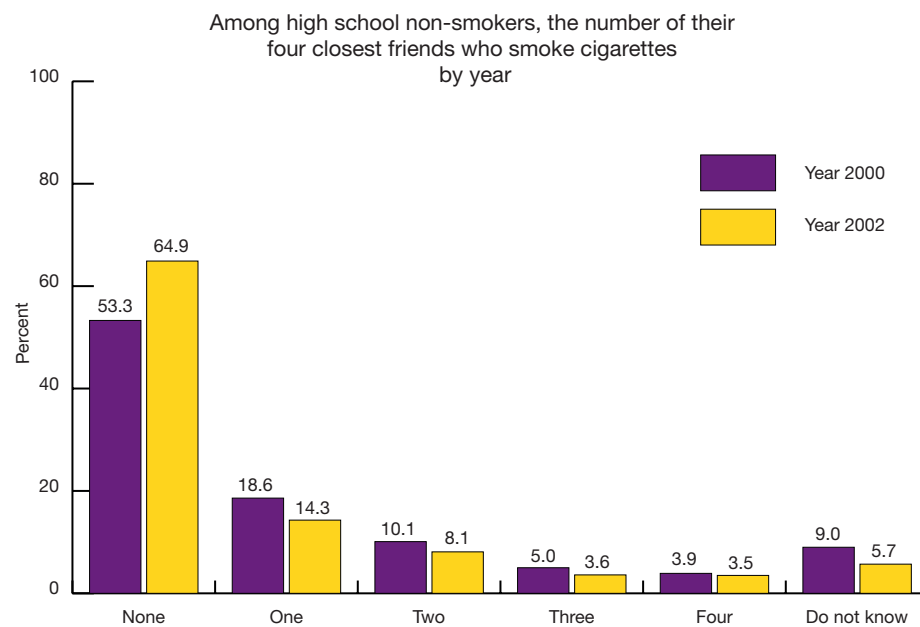
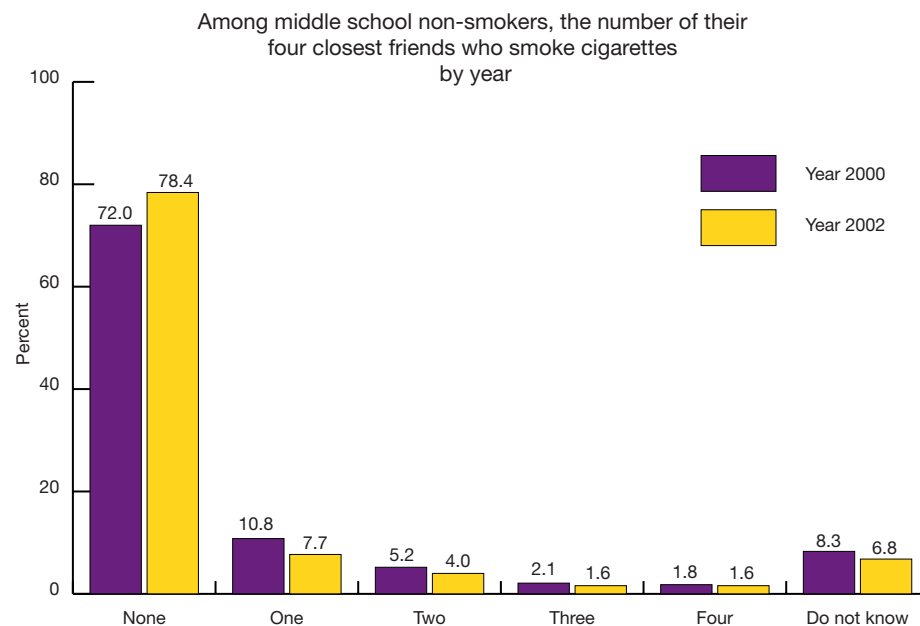
## CESSATION BELIEFS

- Between 2000 and 2002, there was a statistically significant decrease in the percentage of Hispanic frequent smokers in high school who think that they can quit smoking now if they wanted to (91.2% and 40.9%)
- In middle school, there was a statistically significant decrease between 2000 and 2002 in the percentage of frequent smokers who want to quit smoking (55.8% and 31.1%)
- From 2000 and 2002, there was a significant decrease in the percentage of middle school smokers who tried to quit smoking at least once (22.0% and 6.9%) and a significant increase in the percentage who tried to quit ten times or more (6.2% and 20.2%) – *data not shown*



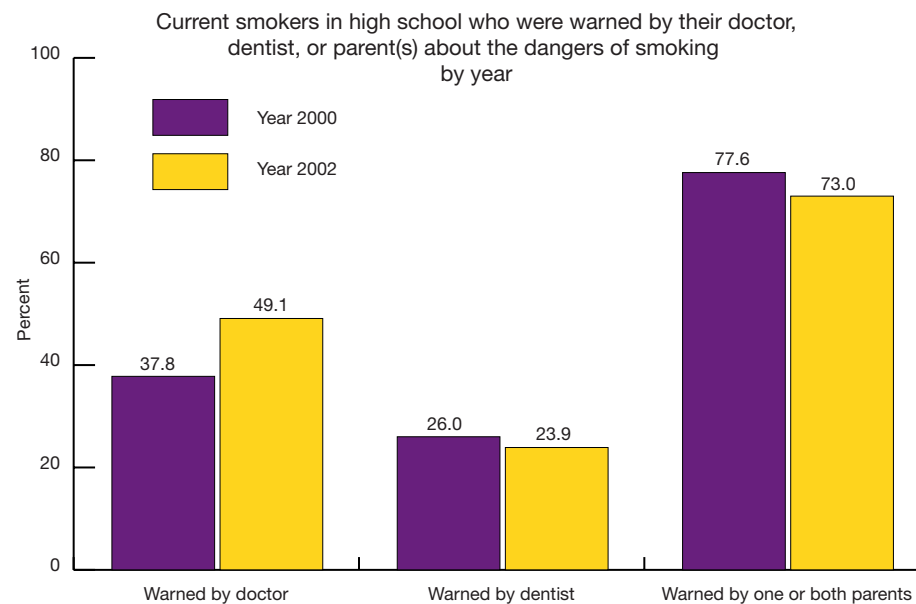
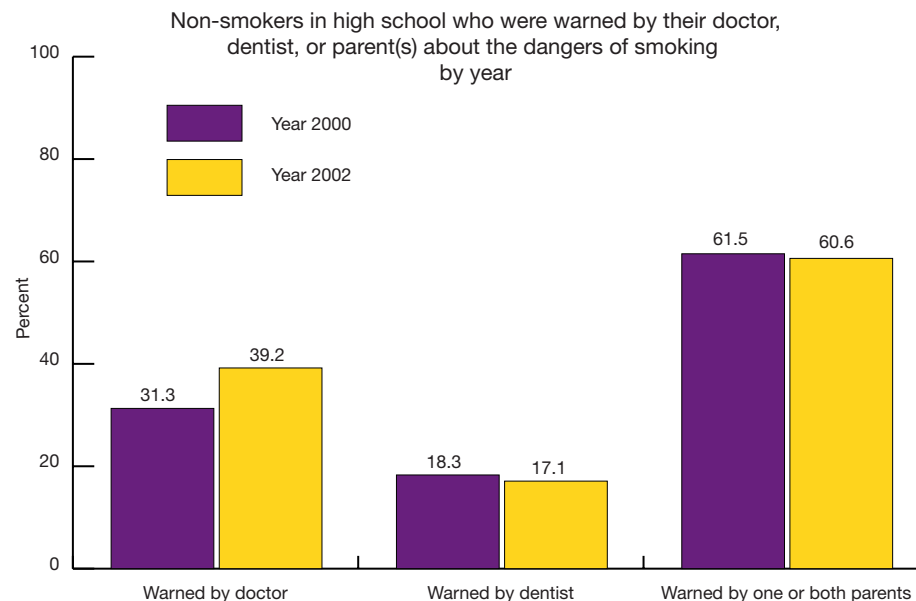
## SMOKING AMONG PEER GROUPS

- Between 2000 and 2002, there were statistically significant increases in the percentages of middle and high school non-smokers who reported that none of their four closest friends smokes (72.0% and 78.4%; 53.3% and 64.9%, respectively)
- Between 2000 and 2002, there was a statistically significant decrease in the percentage of middle school non-smokers who reported that just one of their four closest friends smokes (10.8% and 7.7%)
- There was a significant increase, from 2000 to 2002, in the percentage of high school current smokers who reported that none of their four closest friends smokes (7.3% and 18.8%) – *data not shown*



## ADULT COUNSEL ON TOBACCO USE

- Between 2000 and 2002, there was a statistically significant increase in the percentage of non-smokers in high school who have been warned in a doctor's office in the past year about the dangers of smoking (31.3% and 39.2%)
- There was a significant increase, from 2000 to 2002, in the percentage of high school current smokers who were warned in a doctor's office in the past year about the dangers of smoking (37.8% and 49.1%)



## TECHNICAL NOTES & TABLES

## SURVEY INSTRUMENT & SAMPLING DESIGN

The Connecticut Youth Tobacco Survey (CYTS) instrument is based on the core questionnaire from the National Youth Tobacco Survey administered federally by the Centers for Disease Control and Prevention. The instrument contains 70 questions that collect demographic information about the student; current and lifetime use of tobacco products including cigarettes, smokeless tobacco, cigars, pipes and bidis; cigarette use initiation and cessation attempts; tobacco sources and access; knowledge and attitudes about tobacco; exposure to tobacco advertising; and exposure to environmental tobacco smoke. Many other states are using CDC's core questions and procedures for their statewide assessments. This will provide a rich source of comparison data to complement national data.

The CYTS was conducted in both public and private, middle and high schools across Connecticut. Students were selected for the survey using a two-stage cluster design. First, all public and private schools with more than 40 students and at least one grade between 6 and 12 were listed. To ensure adequate sample sizes for Black and Hispanic students, schools were divided into 3 strata: White (student enrollment <50% Hispanic and <50% Black), Black (student enrollment  $\geq$ 50% to a sample with 80% of the schools from the white stratum, 10% of schools from the Black stratum and 10% of schools from the Hispanic stratum. In all, 59 middle schools and 60 high schools were chosen. The second stage randomly selected 2 to 4 classes within the sampled schools. Schools with predominantly Black or Hispanic enrollments were over sampled for classes to insure adequate final sample size and analytic power. All students within each selected class were given the survey; however, participation was voluntary and no individual identifying information was collected. A total of 2,677 middle school students from 47 schools and 3,198 high school students from 51 schools participated in the survey. The school response rate was 79.7% for middle school and 85.0% for high school. The student response rate was 85.7% for middle school and 85.0% for high school yielding an overall response rate (school rate x student rate) of 68.3% for middle and 72.2% for high school.

Once collected, the survey data were weighted by the CDC, Office on Smoking and Health to reflect the likelihood of sampling each student and to reduce bias by compensating for differing patterns of nonresponse at school, classroom and student-levels. Finally, a post stratification adjustment factor was calculated based on the grade, gender and race/ethnicity distribution among Connecticut students. Therefore, the data in this report are representative of all non-institutionalized, public and private, middle and high school students in Connecticut. The sampling design does not allow for analysis at the school or district level. The CDC and DPH analyzed the data using SUDAAN® (Software for the Statistical Analysis of Correlated Data) software.

## DEFINITIONS

***Current use*** is defined as any tobacco, cigarette, smokeless tobacco, cigar, pipe or bidi use by a student on one or more of the past 30 days.

***Ever cigarette use*** is defined as any cigarette, smokeless tobacco, cigar, pipe, or bidi use during one's lifetime.

***Ever tobacco use*** is defined as any cigarette, smokeless tobacco, cigar, pipe, or bidi use during one's lifetime.

***Frequent cigarette use*** is defined as smoking cigarettes on 20 or more of the past 30 days.

***High school*** students are students who were in grade 9, 10, 11, or 12 at the time of the survey.

***Middle school*** students are students who were in grade 6, 7, or 8 at the time of the survey.

***Never cigarette smokers*** are defined as students who have never tried cigarette smoking, even one or two puffs.

***Race/Ethnicity:*** Students were asked two questions in which they are able to self-identify their race/ethnicity. The first question asked students to choose as many of the following groups as needed to describe themselves: American Indian or Alaskan Native, Asian, Black or African American, Hispanic or Latino, Native Hawaiian or Other Pacific Islander, and White. The second question asked them to pick which group best described them; answers to this question were used to assign race/ethnicity. For this report, three classifications were used:

**White:** White

**Black:** Black or African American

**Hispanic:** Hispanic or Latino

***Significant differences*** are noted throughout the report and reflect a statistical probability of  $p \leq 0.05$  that the difference seen between two categories is due to chance. Conversely, the term "no significant difference" is used when the 95% confidence intervals around the point estimates overlap making it impossible to tell whether a true difference exists.

## Demographic Characteristics of Respondents

Category	Middle School		High School		Total Surveyed		State Demographics+	
	n	%*	n	%*	n	%	N	%
<b>Gender</b>								
Male	1314	49.6	1544	48.9	2858	48.9	146,518	51.0
Female	1348	50.4	1640	51.1	2988	51.1	140,775	49.0
<b>Race/Ethnicity</b>								
White	1360	72.8	1647	74.7	3007	51.2	204,443	71.2
Black	646	13.3	754	12.6	1400	23.8	38,076	13.3
Hispanic	492	10.4	557	9.3	1049	17.9	35,884	12.5
Other	179	3.5	240	3.4	419	7.1	8,890	3.1
<b>Grade</b>								
6	879	34.0	—	—	879	15.2	50,289	15.5
7	870	33.6	—	—	870	15.0	49,709	15.3
8	893	32.5	—	—	893	15.4	48,247	14.9
9	—	—	995	28.7	995	17.2	50,414	15.6
10	—	—	724	25.8	724	12.5	45,679	14.1
11	—	—	757	23.7	757	13.1	41,708	12.9
12	—	—	681	21.8	681	11.7	38,146	11.8
<b>Age</b>								
11 or younger	479	18.6	—	—	479	8.2	24,465	7.2
12	804	31.7	—	—	804	13.7	48,204	14.1
13	928	34.0	—	—	928	15.9	46,531	13.6
14	407	14.2	501	15.4	908	15.5	46,652	13.7
15	51	1.5	777	24.8	828	14.1	45,038	13.2
16	—	—	830	27.1	830	14.2	43,918	12.9
17	—	—	701	21.6	701	12.0	43,657	12.8
18 or older	—	—	375	10.9	375	6.4	42,642	12.5
<b>Total</b>	<b>2677</b>		<b>3198</b>		<b>5875</b>		<b>324,190</b>	

\*Figures represent the unweighted sample size and weighted percent

+Student gender, race/ethnicity and enrollment by grade provided by the State Department of Education. Complete information was available for all public school students (88.6% of all students); however, only enrollment by grade is collected for private school students. Therefore, the sum of students by grade is greater than the sum of students by gender and race/ethnicity. Age information was taken from the US Census Bureau estimates of the Connecticut population. It does not necessarily reflect the population of enrolled students.



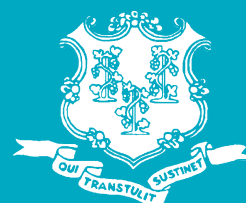
### 30-Day Prevalence of Tobacco Use Among Connecticut Students by Gender, Race/Ethnicity & Grade

#### Middle School

Category	Any Tobacco Use		Cigarette Smoking		Cigar Smoking		Bidi Smoking		Smokeless Tobacco Use		Pipe Smoking	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI
<b>Gender</b>												
Male	10.9	2.3	4.8	1.6	4.8	1.9	4.3	1.0	1.1	0.7	2.3	0.9
Female	8.8	2.8	6.8	2.6	2.0	1.2	2.3	1.1	1.2	0.9	1.6	0.9
<b>Race/Ethnicity</b>												
White	8.5	2.2	4.6	1.7	2.7	1.5	2.8	0.9	0.7	0.5	1.6	0.6
Black	11.9	2.6	7.2	3.2	4.5	1.9	5.0	1.5	2.0	1.9	2.7	1.1
Hispanic	17.1	4.5	13.0	3.8	6.9	2.6	5.9	3.1	3.4	2.4	3.8	1.9
<b>Grade</b>												
6	6.2	2.6	2.8	1.5	2.1	1.5	3.0	1.6	1.3	1.1	1.7	1.1
7	10.2	3.5	5.7	2.3	4.2	2.1	3.2	1.2	1.7	1.3	2.1	1.2
8	13.4	3.5	9.2	2.6	4.1	1.7	3.9	2.1	0.8	0.7	2.2	0.8
<b>Total</b>	<b>10.0</b>	<b>2.1</b>	<b>5.9</b>	<b>1.7</b>	<b>3.5</b>	<b>1.2</b>	<b>3.4</b>	<b>0.8</b>	<b>1.3</b>	<b>0.7</b>	<b>2.0</b>	<b>0.6</b>

#### High School

Category	Any Tobacco Use		Cigarette Smoking		Cigar Smoking		Bidi Smoking		Smokeless Tobacco Use		Pipe Smoking	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI
<b>Gender</b>												
Male	30.8	3.3	23.3	2.7	13.2	2.0	7.4	2.5	4.6	1.2	5.3	1.7
Female	23.2	3.3	20.7	3.4	4.8	1.6	3.9	1.0	1.3	0.5	1.6	0.9
<b>Race/Ethnicity</b>												
White	28.7	2.8	23.2	2.7	9.6	1.8	5.4	1.6	3.4	0.9	3.4	1.1
Black	20.3	5.4	16.8	5.1	6.5	2.7	5.5	2.5	1.4	0.8	2.6	1.5
Hispanic	25.9	5.0	21.1	4.8	8.6	3.6	6.7	2.7	3.4	1.9	5.1	2.7
<b>Grade</b>												
9	18.8	3.3	13.8	2.7	6.3	2.0	3.2	1.5	3.5	1.7	3.3	2.0
10	25.9	5.7	21.2	5.4	8.5	3.4	4.4	1.5	2.4	1.0	3.7	1.8
11	27.4	4.2	22.0	4.3	9.7	2.5	6.3	2.7	3.4	1.6	1.8	1.3
12	30.6	4.5	33.7	4.5	12.4	2.7	9.5	3.6	2.9	1.1	5.3	2.2
<b>Total</b>	<b>27.1</b>	<b>2.8</b>	<b>22.0</b>	<b>2.6</b>	<b>9.1</b>	<b>1.6</b>	<b>5.7</b>	<b>1.4</b>	<b>3.1</b>	<b>0.7</b>	<b>3.5</b>	<b>1.0</b>



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